



UNITED STATES AIKIDO FEDERATION MEMBER, SINCE 1997

CLASS SCHEDULE

(MAY BE SUBJECT TO CHANGE - CHECK IN ADVANCE)

MONDAY	5:30 – 7:00 pm <i>Alternate (7:00 – 8:30 pm)</i>	ADULT AIKIDO (WEAPONS) – Tropical Park <i>(IF WEATHER DOESN'T PERMIT 5:30 PM CLASS AT THE PARK)</i>
TUESDAY	7:00 – 8:00 pm	AIKIDO (ZOOM)
WEDNESDAY	4:00 – 5:00 pm 5:30 – 7:00 pm <i>Alternate (7:00 – 8:30 pm)</i>	TAI CHI ADULT AIKIDO (WEAPONS) – Tropical Park <i>(IF WEATHER DOESN'T PERMIT 5:30 PM CLASS AT THE PARK)</i>
THURSDAY	7:00 – 8:00 pm	<i>THERAPEUTIC STRETCHING (ZOOM)</i>
FRIDAY	6:00 – 6:45 pm 7:00 – 8:15 pm	KIDS AIKIDO ADULTS AIKIDO
SATURDAY	CLOSED	CLOSED
SUNDAY	12:00 – 1:30 pm	ADULTS AIKIDO