



UNITED STATES AIKIDO FEDERATION MEMBER, SINCE 1997

AIKIDO / TAI CHI – Class Schedule

MAY BE SUBJECT TO CHANGE - CHECK IN ADVANCE

Call or text 786-245-9035

MONDAY	10:00 – 11:00 am	BASICS TAI CHI (ZOOM)
	5:30 – 7:00 pm	TROPICAL PARK (weather-permitting*)
	7:00 – 8:15 pm	*ALTERNATE LOCATION FOR INCLEMENT WEATHER: DOJO
TUESDAY	10:00 – 11:00 am	ADVANCED TAI CHI (ZOOM)
WEDNESDAY	4:00 – 5:00 pm	TROPICAL PARK (weather-permitting*)
	5:30 – 7:00 pm	ALTERNATE LOCATION FOR INCLEMENT WEATHER: DOJO
	7:00 – 8:15 pm	
THURSDAY	10:00 – 11:00 am	ADVANCED TAI CHI (ZOOM)
FRIDAY	5:00 – 5:50 pm	TAI CHI
	6:00 – 6:45 pm	KIDS 9 yrs and older
	7:00 – 8:15 pm	ADULTS
SATURDAY	BY APPT	TAI CHI
SUNDAY	12:00 – 1:30 pm	ADULTS AIKIDO

**ASK ABOUT PRIVATE CLASSES FOR:
TAI CHI, THERAPEUTIC STRETCHING, AIKIDO**