



Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aikido 6:15-7:15am	Aikido 6:15-7:15am	Aikido Weapons 6:15-7:15am	Aikido 6:15-7:15am	Systema 6:15-7:15am	
	Aikido 10-11:00am	Aikido 10-11:00am		Aikido Weapons 10-11:00am		
Aikido 11am-12:30pm						Aikido 1-2:30pm
	Aikido Basics 6-7:15 pm	Aikido 6-7:15 pm	Introduction to Aikido* 6-7:15 pm	Aikido 6-7:15 pm	Aikido 6-7:15 pm	
	Aikido 7:30-8:45 pm	Systema 7:30-9:00 pm	Aikido Weapons 7:30-8:45 pm	Systema 7:30-9:00 pm		

* The weekly "Introduction to Aikido" classes are free and open to the public.