



Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aikido 6:30-7:30am Choate	Aikido 6:30-7:30am Choate	Aikido 6:30-7:30am Choate	Aikido 6:30-7:30am Choate	Systema 6:30-7:30am Choate	
Shinkendo 9:30-10:30 Crane	Aikido 10-11am Choate	Aikido 10-11am Choate	Aikido 10-11am Choate	Aikido 10-11am Choate	Aikido 10-11am Choate	Yoga 9:00– 10:30am Wright
Aikido Basics 11am-12:30pm						Kids ** (ages 7-12) 11:30-12:15pm Bercasio/Vitale
Introduction to Aikido* 1-2pm <i>(first Sunday of each month)</i>						Kids ** (parent/child for ages 4-6) 12:30-1:15pm Bercasio/Vitale
						Aikido 2-3:30pm Choate
	Systema 5-6pm Choate	Aikido 5-6pm Choate	Systema 5-6pm Choate	Aikido 5-6pm Choate		
	Aikido Basics 6-7pm	Aikido 6-7pm Choate	Aikido Basics 6-7pm	Aikido 6-7pm Choate	Aikido 6-7pm Benjamin	
	Aikido 7-8:30 pm Takehara	Systema 7-8:30 pm Choate	Aikido 7-8:30 pm Turner	Systema 7-8:30 pm Choate	Aikido 7-8:30 pm Takehara	
	Iaido 9-10 pm Flachsbart		Shinkendo 9-10 pm Crane	Iaido 9-10 pm Flachsbart		

* The monthly “Introduction to Aikido” classes are free and open to the public.

** All children’s classes are taught in 10-week sessions.