

Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am YOGA						
10-11:15am AIKIDO/ADULTS						10:15-11am AIKIDO/MIXED KIDS
						11:15-12:15pm AIKIDO/ADULTS
						12:30-1:30pm AIKIDO/ADULTS
		4:30-5:15pm AIKIDO/JR. SAMURAI	4:30-5:30pm AIKIDO/SAMURAI	4:30-5:15pm AIKIDO/JR. SAMURAI		
	6-7:30pm KARATE	5:30-6:30pm IRON BELL ZEN	6-7pm KARATE	5:30-6:30pm AIKIDO/SAMURAI	6-7:30pm KARATE	
		6:45-8PM AIKIDO/ADULTS	7:15-8:30pm BRAZILIAN JIU- JITSU	6:45-8PM AIKIDO/ADULTS		