

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aikido (Suite B)	Aikido (All Levels) 9:00-10:30 am		Aikido (All Levels) 7:15-8:45 pm		Aikido (All Levels) 7:15-8:45 pm	Aikido (All Levels) 6:15-7:45 pm	Aikido (All Levels) 9:00-10:30 am
Kids Aikido			Kids Aikido (Ages 6-13) 6:00-7:00 pm (Suite C)		Kids Aikido (Ages 6-13) 6:00-7:00 pm (Suite B)	Kids Aikido (Ages 6-13) 5:00-6:00 pm (Suite B)	
Kendo (Suite C)	Beginners 12:30-1:00 pm Kendo All Levels 1:00 –3:00 pm			Kendo Adv Keiko 7:30-9:00 pm			
Katori Shinto Ryu							All Levels 10:00 am-1:00 pm (Dates on Home Page)
Tai Chi			Fundamentals 6:00-7:00 pm Applications 7 :00-8 :00 pm				
Yoga (Suite C)			Gentle Yoga 4:00-5:30 pm (Suite B)			Iyengar Yoga 6:00-7:15 pm **	
Kempo Jujitsu (Suite C)		Kids Kempo Jujitsu (Ages 6-10) 5:00-5:45 pm Kempo Jujitsu 6:00-7:15 pm			Kids Kempo Jujitsu (Ages 6-10) 5:00-5:45 pm Kempo Jujitsu 6:00-7:15 pm		

