



NORTH COUNTY
AIKIKAI

CLASS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|-------------------------------------|---------------------------------------------------------------------------|--------------------------------------------|----------------------------------------------|-----------------------------------------------|
| | | | | | 9:00 - 10:00 am Aikido Juniors |
| | | | | | 10:15 - 12:10 pm Aikido/Weapons General |
| | | | | | 12:15 - 1:15 pm Aikido Fundamentals** |
| 5:00 - 6:00 pm Aikido Teens | 5:30 - 6:30 pm Aikido Juniors | 5:00 - 6:00 pm Aikido Free Practice/ Test Prep (per request)* | 5:00 - 6:00 pm Aikido Juniors | 6:00 - 7:15 pm Weapons Teens/Beginners | |
| 6:15 - 7:15 pm Aikido General | 6:35 - 7:35 pm Iaido* | 6:15 - 7:15 pm Aikido General** | 6:15 - 7:45 Zazen & Weapons* General | 7:15 - 8:15 pm Aikido Free Practice* | |
| 7:20 - 8:20 pm Weapons* General | | 7:30 - 8:30 pm Aikido Advanced* | | | |

Dojo closed on Sundays and official holidays.

* Instructor permission required for advanced classes, weapons classes, free practice and Zazen.

** Six-week introductory course.