



# Two Rivers Aikikai

## Schedule of Classes

Equality is Ki

Practicing Non-violence is a Way of Life

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
		10:00 -11:30 a.m. Yoga # Eden Swartz				7:30 -8:45 a.m. Muso Shinden Ryu Iaido**
	5:30 - 6:30p.m. Muso Shinden Ryu Iaido**	5:45 - 6:30p.m. Aikido for Beginners*	5:30-6:30p.m. Muso Shinden Ryu Iaido**	5:00 - 5:50p.m. Aikido for Children Ages 8 - 11	5:30 - 6:00p.m. Open Mat for Aikido	9:15-10:15a.m. Aikido for Children Ages 6 - 11
9:30 - 10:45 a.m. Sunday Aikido	6:30 -7:30p.m. Aikido & Weapons	6:30 -7:30 p.m. Basic Aikido	6:30 - 7:30 p.m. Aikido & Weapons	6:00 -7:00 p.m. Basic Aikido	6:00 -7:15 p.m. Aikido & Weapons	10:30-12:00noon Beginners* & Basic Aikido For all students
				7:00 - 7:30 p.m. Open Mat / Test Prep		12:00-12:45 p.m. Open Mat/ Test Prep

\* 4 week Beginner Sessions for teens and adults start Jan. 9, 2018 , March 6, 2018 & May 1, 2018 cost is \$125.

Registration for **Children's Aikido** is ongoing. Cost for children ages 6 & 7 is \$105 - for ages 8 - 11 is \$125

\*\*Koyanis Sensei's permission required for Iaido. # Separate fees charged for yoga. Schedule current as of 1/3/2018.

**TWO RIVERS AIKIKAI** 2950 SE BELMONT STREET PORTLAND, OREGON 97214 503-238-7012  
A Member Dojo of the USAF & Kiyokaze Iaido Federation e-mail: info@2rivers.org web site: <http://www.2rivers.org>

Visitors are welcome to observe classes. Two Rivers Aikikai is a 501(c)(3) federal non-profit organization, admits students of any race, color, gender identity, and sexual orientation to all the rights, privileges, programs and activities that are available to all members.