



# TWO RIVERS AIKIKAI

## AIKIDO CLASS SCHEDULE

PRACTICING NON VIOLENCE IS A WAY OF LIFE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				6:00 – 7:00 a.m. <b>Open Mat/</b> 3 <sup>rd</sup> kyu & up Alex Nelson		7:30 -8:45 a.m. <b>Muso Shinden</b> <b>Ryu Iaido</b> Koyanis Sensei
10:00 -11:30 a.m. <b>Muso Shinden</b> <b>Ryu Iaido</b> Koyanis Sensei		9:30 -11:00 a.m. <b>Yoga #</b> Christa Grimm		9:30 -11:00 a.m. <b>Yoga #</b> Christa Grimm		9:15-10:15a.m. <b>Children's Class</b> Koyanis Sensei
	5:30 - 6:00p.m. <b>Open Mat for</b> <b>Aikido &amp; Iaido</b> Koyanis Sensei	5:30 - 6:00p.m. <b>* Beginners</b> Teri Pierson	4:45-5:45p.m. <b>Children's Class</b> Koyanis Sensei/	5:30 - 6:00p.m. <b>* Beginners</b> Lynn Marshall	5:30 - 6:00p.m. <b>Open Mat for</b> <b>Aikido &amp; Iaido</b> Koyanis Sensei	10:30-11:00a.m. <b>* Beginners</b> Lynn Marshall
	6:00 -7:30p.m. <b>Mixed Level</b> <b>Bokken &amp; Jo</b> Koyanis Sensei	6:00 -7:00 p.m. <b>Basics Class</b> Koyanis Sensei	6:00 -7:00 p.m. <b>Mixed Level</b> Koyanis Sensei	6:00 -7:00 p.m. <b>Basics Class</b> Lynn Marshall	6:00 -7:00 p.m. <b>Mixed Level</b> Koyanis Sensei Lynn Marshall	11:00-12:00noon <b>Basics Class</b> Lynn Marshall
		7:00 - 7:45 p.m. <b>Open Mat/</b> <b>Test Prep</b> Koyanis Sensei	7:15 -8:15 p.m. <b>Muso Shinden</b> <b>Ryu Iaido</b> Koyanis Sensei	7:00 - 7:45 p.m. <b>Open Mat/</b> <b>Test Prep</b> Lynn Marshall	7:00 -7:45 p.m. <b>Open Mat</b> Shakoda Neil Lynn Marshall	12:00-12:30 p.m. <b>Open Mat/</b> <b>Test Prep</b> Lynn Marshall

\* **Beginners** only, 3 months or less. \*\*Koyanis Sensei's permission required for Iaido. # Separate fees charged for yoga.

**Basics** classes which focus on fundamentals are open to all students. **Mixed** level classes are open to all students.

**Open Mat for Aikido** open to all students. Instructors available for questions and guidance. Schedule current as of 6/9/2010

**TWO RIVERS AIKIKAI** 2950 SE BELMONT STREET PORTLAND, OREGON 97214 503-238-7012

A Member Dojo of the USAF & Kaze no Kai Iaido Assoc. e-mail: info@2rivers.org

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