



TWO RIVERS AIKIKAI

AIKIDO CLASS SCHEDULE

PRACTICING NON VIOLENCE IS A WAY OF LIFE

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

* **Beginners** 10 week session Sept. 10 to Nov. 19, 2011. **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 10/25/2011

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A Member Dojo of the **USAF & Kiyokaze Iaido Assoc.**

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