



TWO RIVERS AIKIKAI

AIKIDO CLASS SCHEDULE

PRACTICING NON VIOLENCE AS A WAY OF LIFE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE: DOJO CLOSED SUNDAYS JUNE -AUGUST						7:30 -8:30 a.m. Mixed Level Koyanis Sensei
9:30 - 10:30 a.m. ** Iaido Koyanis Sensei		10:00 -11:30 a.m. Yoga # Christa Grimm				9:15-10:15a.m. Children's Class Koyanis Sensei
10:35 -11:45 a.m. Open Mat for Aikido Koyanis Sensei	5:00 - 6:00p.m. Open Mat for Aikido Koyanis Sensei	5:30 - 6:00p.m. * Beginners Koyanis Sensei	4:45-5:45p.m. Children's Class Koyanis Sensei/	5:30 - 6:00p.m. * Beginners Lynn Marshall	5:00 - 6:00p.m. Open Mat for Aikido Koyanis Sensei	10:30-11:00a.m. * Beginners Lynn Marshall
	6:00 -7:00p.m. Mixed Level Koyanis Sensei	6:00 -7:00 p.m. Basics Class Koyanis Sensei	6:00 -7:00 p.m. Mixed Level Shakoda Neil	6:00 -7:00 p.m. Basics Class Lynn Marshall	6:00 -7:00 p.m. Mixed Level Lynn Marshall Alex Nelson	11:00-12:00noon Basics Class Lynn Marshall
	7:15 - 8:00p.m. **Weapons Koyanis Sensei	7:00 - 7:45 p.m. Open Mat Koyanis Sensei	7:15 -8:15 p.m. **Iaido Shakoda Neil	7:00 - 7:45 p.m. Open Mat/ Test Prep Lynn Marshall	7:00 -7:45 p.m. Open Mat Lynn Marshall Alex Nelson	12:30-1:30 p.m. ** Iaido Koyanis Sensei

* **Beginners** only, 3 months or less. **Koyanis Sensei's permission required for Iaido and weapons classes. # Extra 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 8/1/2007

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A Member Dojo of the USAF

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