



# TWO RIVERS AIKIKAI

## AIKIDO CLASS SCHEDULE

PRACTICING NON VIOLENCE IS A WAY OF LIFE

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--|--|--|---|---|--|---|
| PLEASE NOTE:<br>DOJO CLOSED<br>SUNDAYS<br>JUNE -AUGUST |  |  |   |   |  | 7:30 -8:30 a.m.<br><b>Iaido</b><br>Koyanis Sensei                   |
| 10:00 -11:30 a.m.<br><b>** Iaido</b><br>Koyanis Sensei | 12:00 - 1:00 p.m.<br><b>** Iaido</b><br>Koyanis Sensei<br>June - August    | 9:30 -11:00 a.m.<br><b>Yoga #</b><br>Christa Grimm                   |   | 9:30 -11:00 a.m.<br><b>Yoga #</b><br>Christa Grimm                  |  | 9:15-10:15a.m.<br><b>Children's Class</b><br>Koyanis Sensei         |
|  | 5:00 - 6:00p.m.<br><b>Open Mat<br/>for Aikido</b><br>Koyanis Sensei        | 5:30 - 6:00p.m.<br><b>* Beginners</b><br>Koyanis Sensei              | 4:45-5:45p.m.<br><b>Children's Class</b><br>Koyanis Sensei/ | 5:30 - 6:00p.m.<br><b>* Beginners</b><br>Lynn Marshall              | 5:00 - 6:00p.m.<br><b>Open Mat<br/>for Aikido</b><br>Koyanis Sensei  | 10:30-11:00a.m.<br><b>* Beginners</b><br>Lynn Marshall              |
|  | 6:00 -7:30p.m.<br><b>Mixed Level<br/>Bokken &amp; Jo</b><br>Koyanis Sensei | 6:00 -7:00 p.m.<br><b>Basics Class</b><br>Koyanis Sensei             | 6:00 -7:00 p.m.<br><b>Mixed Level</b><br>Shakoda Neil       | 6:00 -7:00 p.m.<br><b>Basics Class</b><br>Lynn Marshall             | 6:00 -7:00 p.m.<br><b>Mixed Level</b><br>Shakoda Neil<br>Alex Nelson | 11:00-12:00noon<br><b>Basics Class</b><br>Lynn Marshall             |
|  |  | 7:00 - 7:45 p.m.<br><b>Open Mat/<br/>Test Prep</b><br>Koyanis Sensei | 7:15 -8:15 p.m.<br><b>**Iaido</b><br>Shakoda Neil           | 7:00 - 7:45 p.m.<br><b>Open Mat/<br/>Test Prep</b><br>Lynn Marshall | 7:00 -7:45 p.m.<br><b>Open Mat</b><br>Shakoda Neil<br>Alex Nelson    | 12:00-12:30 p.m.<br><b>Open Mat/<br/>Test Prep</b><br>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 4/3/2009

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A Member Dojo of the USAF

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