



Two Rivers Aikikai Schedule of Classes

Justice, Equity and Non-violence on and off the mat
Practicing Non-violence is a Way of Life

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
11:00–12:00 noon Aikido For all students	9:30 – 10:30 a.m. Open Mat Practice For all students	5:45 - 6:30 p.m. Beginners* or Open mat For all students				
	6:00 - 7:00 p.m. Muso Shinden Ryu Iaido**	6:30 -7:30 p.m. Basic Aikido For all students	6:00-7:00 p.m. Aikido For all students	6:00 -7:00 p.m. Basic Aikido For all students		10:30-12:00 noon Beginners* & Basic Aikido For all students
				7:15 - 8:15 p.m. Muso Shinden Ryu Iaido**		

* 4-week Beginner Sessions for teens and adults are offered in January, March, May, July, September & November.

** Head instructor's permission is required for Iaido. Schedule is current as of 8/27/2024

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Our mission: Two Rivers Aikikai helps individuals on their path of well-being of mind, body and spirit through the practice of the Japanese martial arts of Aikido, Iaido and Karatedo to peacefully engage conflict. We value Continuity, Commitment, Curiosity, Courage, Caring and Community.