

# KYOSEIKAN DOJO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:00-11:00 Youth Aikido	10:00-11:00 Zen Training
					11:00-11:30 Zazen	11:00-12:30 Aikido Open Mat
	12:00-1:30 Aikido Day Class			12:00-1:30 Aikido Day Class	11:30-12:30 Aikido Mixed Ranks	
					12:30-1:30 Aikido Mixed Ranks	
					2:00-3:00 Wing Chun	
					3:00-4:30 Mixed Martial Arts	
5:00-6:00 Youth Aikido		5:00-6:00 Youth Intro/Basics				
6:00-6:30 Zazen	5:30-6:30 Krav Maga	6:00-6:30 Zazen	5:30-6:30 Krav Maga			
6:30-7:30 Aikido Basics		6:30-7:30 Aikido Intro.				
7:30-8:30 Aikido Adv./Weapons		7:30-8:30 Aikido Mixed Ranks				
	8:00-9:30 Wing Chun & Mixed Martial Arts		8:00-9:30 Wing Chun & Mixed Martial Arts			