



TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
MORNING			7:45 to 8:30 Meditation in motion	
			8:45 to 9:45 Mobility Aikido	
			10:00 to 11:00 Sword / Jo	
AFTERNOON	16:45 to 17:30 Aikido Child/Parent	16:00 to 16:50 Aikido Children 1, 6 - 10 years	16:00 to 16:50 Aikido Children 2, 5 - 9 years	
	17:45 to 18:45 Aikido basics	17:00 to 17:50 Aikido Children 3, 10 - 14 years	17:00 to 17:50 Aikido Children 4, as of 10 years	
EVENING		18:00 to 18.45 Aikido Youths, as of 14 years		18:00 to 19:00 Dynamic Aikido
		18:45 to 19:30 Sword / Jo		
		19:45 to 21:00 Aikido, all		19:15 to 20:30 Mobility Aikido