



Two Rivers Aikikai

Schedule of Classes

Practicing Non-violence is a Way of Life
Equality is Ki

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 -11:00 a.m. Yoga # Christa Grimm				7:30 -8:45 a.m. Muso Shinden Ryu Iaido**
9:00 - 10:15 a.m. Sunday Aikido				5:00 - 5:50p.m. Aikido for Children Ages 8 - 11		9:15-10:15a.m. Aikido for Children Ages 6 - 11
	5:30 - 6:30p.m. Muso Shinden Ryu Iaido**	5:45 - 6:30p.m. Aikido for Beginners*	5:30-6:30p.m. Muso Shinden Ryu Iaido**	6:00 -7:00 p.m. Basic Aikido	5:30 - 6:00p.m. Open Mat for Aikido	10:30-12:00noon Beginners* & Basic Aikido For all students
	6:30 -7:30p.m. Aikido & Weapons	6:30 -7:30 p.m. Basic Aikido	6:30 - 7:30 p.m. Aikido & Weapons	7:00 - 7:30 p.m. Open Mat for Aikido & test prep	6:00 -7:15 p.m. Aikido Practice with Senseis	12:00-12:45 p.m. Open Mat/ Test Prep

* 4 week Beginner Session starts July 8, 2017 cost is \$125. **Koyanis Sensei's permission required for Iaido. # Separate fees charged for yoga.

Basic Aikido classes focus on fundamentals of technique and ukemi for all students. **Aikido & Weapons** classes focus on fluid technique and ukemi for all students.

Open Mat for Aikido open to all students with instructors available for questions and guidance. Schedule current as of 5/29/2017.

TWO RIVERS AIKIKAI

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A Member Dojo of the **USAF & Kiyoikaze Iaido Federation**

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Two Rivers Aikikai, a 501(c)(3) federal non-profit organization, admits students of any race, color, gender identity, and sexual orientation to all the rights, privileges, programs and activities that are available to all members.