



AIKIDO

TUESDAY KIDS 6:30 PM ADULTS 7:30 PM / 8:30 PM
THURSDAY ADULTS 7:00 PM / 8:00 PM
FRIDAY ADULTS 6:30 PM - 8:00 PM
SATURDAY KIDS 11:30 AM ADULTS 12:30 PM / 1:30 PM
SUNDAY ADULTS 10:00 AM / 11:00 AM

合氣道

DANZAN RYU JUJITSU

MONDAY KIDS 6:00 PM TEENS/ ADULTS 7:00 PM - 9:00 PM
TUESDAY ADULTS/TEENS 10:00 AM
WEDNESDAY KIDS 6:00 PM TEENS / ADULTS 7:00PM - 9:00 PM
THURSDAY ADULTS/TEENS 10:00 AM
SATURDAY BLACK BELTS 6:00AM ADULTS / TEENS 8:00AM KIDS 9:00AM

KENPO

MONDAY: KIDS / ADULTS 5:00 PM - 7:00 PM
TUESDAY: KIDS / ADULTS 5:00 PM - 7:00 PM
WEDNESDAY: KIDS / ADULTS 5:00 PM - 7:00 PM
SATURDAY: KIDS / ADULTS 10:00 AM - 11:30 AM

TAI CHI

TUESDAY: ADULTS 9:30 AM
SATURDAY: ADULTS 10:00AM

SHORIN RYU KARATE

FRIDAY: 8:00 PM Mixed Class / 9:00 PM Advanced Class
SATURDAY: 2:30 PM Mixed Class / 3:30 PM Advanced Class

KUNG FU

SUNDAY: KIDS 2 pm
ADULTS 3 pm

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