

# Midwest Center for Movement—Aikido Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5-6pm Kids Aikido (5-8 yr olds)	10-11am Adult Regular Aikido		10-11am Adult Regular Aikido		9-10am Kids Aikido (All Ages)	10-11am Conditioning Class
5:30-6:30pm Kids Aikido (9-12 yr olds)		5:30-6:15pm Kids Aikido (5-8 yr olds)	5-6pm Kids Aikido (5-8 yr olds)	6-7pm Kids Aikido (9-12 yr olds)	10-11am Ki Development	11am-??? Open Training
6:30-7:30pm Adult Basic Aikido		6:30-7:30pm Adult Basic Aikido	5:30-6:30pm Kids Aikido (9-12 yr olds)		11am-Noon Aikido Weapons and Randori	
7:30-8:45pm Adult Regular Aikido		7:30-8:45pm Adult Regular Aikido			Noon-??? Open Training	