

Dachoyama Aikido

Altes Postgelände

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TIMETABLE

	TUESDAY	WEDNESDAY	FRIDAY
MORNING		7:45 to 8:30 Meditation	
		8:30 to 9:30 Mobility Aikido	
		9:30 to 10:30 Sword / Staff	
AFTERNOON	16:00 to 16:55 Aikido Children, 6 - 10 years	16:00 to 16:55 Aikido Children, 5 - 9 years	
	17:00 to 18:00 Dynamic Aikido Kids / Youths as of 11 years	17:00 to 18:00 Dynamic Aikido Kids / Youths as of 10 years	
EVENING	18:00 to 18.30 Roll / fall training	18:15 to 19:30 Aikido Basics, Adults	18:00 to 19:15 Dynamic Aikido, all ages (green belts or 4. Kyu)
	18:30 to 19:15 Sword / Staff		
	19:30 to 20:45 Aikido Basics, Adults		19:30 to 20:45 Mobility Aikido

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