



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		15:30 to 16:20 Aikido Children 1, 6 - 9 years	16:00 to 16:50 Aikido Children 3, 6 - 9 years	
	17:30 to 18:45 Aikido basics	16:30 to 17:30 Aikido Children 2, 10 - 13 years	17:00 to 18:00 Aikido Children 4, as of 10 years	
		17:30 to 18.30 Aikido Youths, as of 14 years		
EVENING		18:30 to 19:30 Sword / Jo		18:00 to 19:15 Aikido, all
		19:30 to 20:45 Aikido, all		