Dachoyama Aikido
Altes Postgelände
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Timetable

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
MORNING	8:30 to 9:45 Aikido: calm and flowing		8:00 to 8:30 Tai Chi / Qigong	
			8:45 to 09:45 Aikido: calm and flowing	
			10:00 to 11:00 Jo / Bokken	
AFTERNOON		15:30 to 16:20 Aikido Kids 1, 6 - 8 years	16:00 to 16:50 Aikido Kids 1, 6 - 10 years	
	17:30 to 18:45 Aikido Basics	16:30 to 17:30 Aikido Kids 2, 9 - 12 years	17:00 to 18:00 Aikido Kids / Youth	
EVENING		17:30 to 18.30 Aikido Youth	Free practice session Kyu exams	
		18:45 to 19:45 Jo / Bokken		18:30 to 19:45 Dynamic Aikido
		19:45 to 21:00 Dynamic Aikido		Free practice session Kyu exams

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