Dachoyama Aikido
Altes Postgelände
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Timetable

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
MORNING			8:00 to 8:30 Tai Chi / Qigong	
	8:45 to 9:45 Aikido: calm and flowing		8:45 to 9:45 Aikido: calm and flowing	
	10:00 to 11:00 Mothers with young children		10:00 to 11:00 Jo / Bokken	
AFTERNOON		15:30 to 16:20 Aikido Kids 1, 5 - 9 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, from 10 years	17:00 to 18:00 Aikido Kids / Youth	
		17:30 to 18.30 Aikido Youth, from 14 years	Free practice session	
EVENING		18:45 to 19:45 Jo / Bokken		18:30 to 19:45 Dynamic Aikido
		19:45 to 21:00 Dynamic Aikido		Free practice session

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