

AIKIDO OF HILO - CLASS HOURS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|--|
| | | | 9:00am-10:00am ADULT MIXED LEVELS | | AM | 8:00am-9:15am ADVANCED last Saturday only, each month |
| | | | | | PM | |
| 3:00-3:35pm BASIC WEAPONS | | | | | <div style="border: 1px solid black; padding: 5px; text-align: center;"> Waimea Classes At the Green Church on Church Row FRIDAY SATURDAY Youth 4:00-5:00pm Youth 4:00-5:00pm Adult 5:00-6:30pm Adult 5:00-6:30pm </div> | |
| 3:45-4:30pm ADVANCED WEAPONS | | | | | | |
| 4:45-5:45pm YOUTH & ADULT MIXED LEVELS | | | | | | |
| | | 5:15pm-6:15pm Youth Grades 3-6 | | 5:15pm-6:15pm Youth Grades 1-2 | 5:15pm-6:15pm Youth Grades 3-6 | |
| | 6:30pm-7:30pm TEEN & ADULT BASIC | 6:30pm-7:30pm ADULT MIXED LEVELS | | 6:30pm-7:30pm ADULT MIXED LEVELS | 6:30pm-7:30pm TEEN & ADULT BASIC | Effective 3/10 Hours remain subject to change |
| | | 7:45-8:15pm INTERMEDIATE/ ADVANCED | | 7:45-8:15pm INTERMEDIATE/ ADVANCED | | |

What class to attend? (if in doubt, ask instructor)

Basic Class- all members (emphasis on basic techniques & exercises)
 Mixed Class- all members (emphasis on basic & intermediate techniques & exercises)
 Intermediate Class- 4th Kyu & up or instructor's permission (basic & intermediate techniques)
 Advanced Class- 2nd Kyu & up

**Aikido of Hilo classes meet at
 29 Shipman St #203, Hilo**

(except as noted in Waimea)

Phone 935-AIKI for further information

Chief Instructor: Barbara E. Klein, M.S., 6th Dan

Instructor: Robert E. Klein, D.C., 6th Dan

or visit www.AikidoOfHilo.org