

AIKIDO OF HILO - CLASS HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AM		8:30-9:30am SENIOR AIKIDO			9:00-10:00am SENIOR AIKIDO
10:00-11:00am QIGONG Zoom Class - Online						10:45am-Noon ADVANCED third Saturday each month

	PM					
3:00-3:30pm Aiki-Jo & Aiki-Ken All Members(basic)						
3:45-4:30pm Aiki-Jo & Aiki-Ken By Permission (advanced)						Effective 8/22/22 Hours remain subject to change
4:45-5-45pm TEEN & ADULT Beginners & up		4:45-5:45pm Youth Grades 3-6			4:45-5:45pm Youth Grades 3-6	
		6:15-7:30pm TEEN & ADULT Beginners & up			6:15-7:30pm TEEN & ADULT Mixed Class	

What class to attend?

(if in doubt, ask instructor)

Beginners' Class- all members (emphasis on basic techniques & exercises)

Mixed Class- 5th Kyu & up (emphasis on basic & intermediate techniques & exercises)

Advanced Class- 2nd Kyu & up or by instructors' permission

Aikido of Hilo classes meet at

29 Shipman St #106, Hilo

Request a link to attend on Zoom

Phone 935-AIKI for further information

Chief Instructor: Barbara E. Klein, M.S., 7th Dan

Instructor: Robert E. Klein, D.C., 7th Dan

or visit www.AikidoOfHilo.org