

AIKIDO OF HILO - CLASS HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AM		8:00-9:15am SENIOR AIKIDO			8:00-9:15am SENIOR AIKIDO
						9:30am-10:45am 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 1/2/24 Hours remain subject to change
4:45-5:45pm TEEN & ADULT Beginner to Advanced		4:45-5:45pm Youth Grades 3-6			4:45-5:45pm Youth Grades 3-6	
		6:15-7:30pm TEEN & ADULT Beginner to Advanced			6:15-7:30pm TEEN & ADULT Beginner to Advanced	

What class to attend?

(if in doubt, ask instructor)

Youth Class- age 8-11 or grades 3-6

Teen & Adult Class- age 12 and up to any age

Senior Class- age 60 and up (for those seeking gentle, easy practice & exercise)

Beginners to Advanced Class- all members (basic & intermediate techniques & exercises)

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

Aikido of Hilo classes meet at

29 Shipman St #106, Hilo

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

for further information

Visit www.AikidoOfHilo.org or phone 935-AIKI