

EASTSHORE AIKIKAI TRAINING SCHEDULE WINTER 2011

MONDAY:

5:30 – 6:30 pm	Basic Aikido
6:40 – 7:30 pm	Basic Weapons

TUESDAY:

3:30 – 4:30 pm	Mixed Aikido
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WEDNESDAY:

5:30 – 6:30 pm	Mixed Aikido
6:40 – 7:30 pm	Mixed Weapons

THURSDAY:

5:30 – 6:30 pm	Mixed Aikido
6:40 – 7:30 pm	Sensei's Choice
7:40 – 8:10 pm	Meditation

FRIDAY:

3:30 – 4:30 pm	Free Practice
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SATURDAY:

10:00 – 11:00 am	Iaido
11:15 am – 12:15 pm	Mixed Aikido

FIRST SUNDAY EVERY MONTH:

1:30 – 3:00 pm	Sensei's Choice
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MEMBERSHIP FEES:

Beginner's Special: \$200.

(Includes 3 months training, dojo registration fee, & uniform.)

Monthly Membership:

Adults: \$80

Students (age 18 & up): \$60

Juniors: (age 12 through 17): \$45

Annual registration fee: \$50

Visitor's Training Fee: \$10 per class