

## North County Aikikai 2011 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
am		7:00-8:00 +laido			7:00-8:00 +laido		
						9:00-10:00 Juniors 6-11 Yrs	Dojo closed on official Holidays
						10:15-11:45 Aikido All levels	
pm			12:00-1:00 Aikido General			**12:00-1:00 Aikido Beginners course	Instructor permission required for Zazen and weapons classes
		5:00-6:00 Juniors 6-11 Yrs		5:00-6:00 Teens			
	6:15-7:15 Aikido All levels		6:15-7:15 **Aikido Beginners course	6:15-7:15 *Weapons All levels			
	7:30-8:30 *Weapons advanced		7:30-8:30 3rd Kyu & above	7:20-8:00 ^Zazen	6:15-7:30 Aikido General		
+laido sword art (live blade) *Weapons - wooden sword and stick (boken and jyo) ^Zazen-sitting meditation **6 week introductory course							
813 Academy Drive Solana Beach, CA. 92075 (858)792-8061 <a href="http://www.ncaikikai.org">www.ncaikikai.org</a>							