

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|---|---|
| | | | | | 合気道 AIKIDO 9:15 - 10:15 All levels Beginners | |
| | | | | | 弓道 KYUDO 10:15 - 14:15 All levels | 弓道 KYUDO 10:15 - 14:15 All levels |
| 合気道 AIKIDO 17:30 - 18:30 Children English | 空手 KARATE 18:00 - 19:00 Children | 合気道 AIKIDO 17:30 - 18:30 Children English | | 空手 KARATE 18:00 - 19:00 Children | | |
| | 合気道 AIKIDO 19:00 - 20:00 Children | | 合気道 AIKIDO 19:00 - 20:00 Children | 合気道 AIKIDO 19:00 - 20:00 All levels | | |
| 合気道 AIKIDO 20:00 - 21:30 All levels | 合気道 AIKIDO 20:00 - 21:30 All levels | 合気道 AIKIDO 20:00 - 21:30 All levels Weapons | 合気道 AIKIDO 20:00 - 21:30 All levels * | | | |

* The first Thursday of the month there will be weapons class.