

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|--|
| 弓道 KYUDO 10:15 - 14:15 All levels | | | | | | 弓道 KYUDO 10:15 - 14:15 All levels |
| | | | | | | 居合術 IAIJUTSU 11:00 - 13:00 All levels ¹ |
| | 柔道 JUDO 18:30 - 20:00 All levels | 合気道 AIKIDO 18:30 - 19:30 All levels Children | 柔道 JUDO 18:30 - 20:00 All levels | 合気道 AIKIDO 18:30 - 19:30 All levels Children | | |
| | | 合気道 AIKIDO 19:30 - 20:30 All levels Beginners | | 合気道 AIKIDO 19:30 - 20:30 All levels Weapons | 合気道 AIKIDO 19:00 - 20:00 All levels | |
| | 合気道 AIKIDO 20:00 - 21:30 All levels | 合気道 AIKIDO 20:30 - 21:30 All levels | 合気道 AIKIDO 20:00 - 21:30 All levels | 合気道 AIKIDO 20:30 - 21:30 All levels | | |

¹ The second Saturday of the month there will be Iaijutsu class.