

AIKIDO SCHEDULE

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| 8:30-9:30 Aikido |  | 8:30-9:30 Aikido |  | 8:30-9:30 Aikido |
|  |  |  |  |  |
| 17:30-18:30 Aikikids\* |  | 17:30-18:30 Aikikids\* |  |  |
| 18:45-19:45 Aikido-Women |  | 18:45-19:45  Aikido-Women |  |  |
| 20:00-21:00  Aikido |  | 20:00-21:00  Aikido |  | 19:00-20:30 Aikido/Weapons |

**\***Only during school time (from the 15th of September to the 30th of June)

**KAIZEN DOJO |** Rambla Castell, 31 **|** Vilanova i la Geltrú (Barcelona) **|** ✆ 602 240 169 **|** ✉ kaizendojo.info@gmail.com