



# San Diego Aikikai

## Training Schedule

Monday	Wednesday	Friday	Saturday	Sunday
			8:00 AM Aikido for all levels 9:00 AM	8:45 AM
			9:15 AM Beginner's Aikido 10:15 AM	Yoga 10:00 AM
			10:30 AM Children 11:20 AM	10:15 AM Weapons/Aikido for all levels 11:15 AM
4:30 PM Children 5:20 PM	4:30 PM Children 5:20 PM			
5:45 PM Aikido for all levels 6:45 PM	5:45 PM Aikido for all levels 6:45 PM	5:45 PM Aikido for all levels 6:45 PM		
6:55 PM Beginner's Aikido 7:55 PM	6:55 PM Aikido for all levels	6:55 PM Aikido 7:55 PM		
8:00 PM Beginner's Weapons 9:00 PM	8:25 PM 8:30 PM 9:00 PM Zazen	8:00 PM 8:30 PM Zazen		

## Certified Teachers

Deena Drake	5 <sup>th</sup> Dan Chief Instructor
Leslie Cohen	5 <sup>th</sup> Dan
Gary Payne	4 <sup>th</sup> Dan
Jamie McMahon	4 <sup>th</sup> Dan
Will Ahrens	3 <sup>rd</sup> Dan

## Monthly Rates

General Adults	\$100
Student / Military / Beginners	\$75
Children 5-11 years	\$40
Children 12-17 years	\$55

**Family Discount:** 10% off  
Registration of 2 or more family members.

## Interested in Training?

Show up 15 min before Beginner's Aikido class, simply watch or bring a T-Shirt and sweatpants to experience Aikido yourself.