



San Diego Aikikai

Training Schedule

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

Certified Teachers

Deena Drake	6 th Dan Chief Instructor
Leslie Cohen	5 th Dan
Gary Payne	4 th Dan
Jamie McMahan	4 th Dan
Will Ahrens	3 rd Dan
Lori Stewart	3 rd 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.