

SAN DIEGO AIKIKAI CLASS SCHEDULE

(Updated April 2022)

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
						9:00 - 10:00 AM BODY ARTS <i>Beginners</i> <i>Adults + Juniors</i> L. Cohen
10:00 - 11:00 AM BODY ARTS <i>All Levels*</i> <i>Adults</i> D. Drake						10:10 - 11:10 AM BODY ARTS <i>All Levels*</i> <i>Adults</i> J. Frost
						11:20 AM – 12:20 PM WEAPONS <i>All Levels*</i> <i>Adults</i> J. Frost
	6:00 - 7:15 PM BODY ARTS <i>All Levels*</i> <i>Adults</i> D. Drake	6:00 - 7:15 PM BODY ARTS <i>All Levels*</i> <i>Adults</i> J. Frost		6:00 - 7:15 PM CONDITIONING & AIKIDO BASICS <i>All Levels*</i> <i>Adults</i> D. Drake		
		7:20 - 8:35 PM WEAPONS <i>All Levels*</i> <i>Adults</i> J. Frost		7:25 - 8:30 PM WEAPONS <i>All Levels*</i> <i>Adults</i> D. Drake	7:45 - 8:45 PM IAIDO <i>All Levels*</i> <i>Adults</i> W. Ahrens	

* All Levels classes are open to all students

Online Classes: Tuesday: 5:00-5:45 PM - **CONDITIONING & FUNDAMENTALS** - *Adults + Kids* - U. Murillo-Sosa
 Thursday: 7:30-8:10PM - **ZAZEN** - *Adults* - L. Cohen
 Saturday: 10:00-10:45 AM - **"Monkey See, Monkey Do"** - *Kids* - U. Murillo-Sosa

General Information:

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Online Class Contacts:

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