

SAN DIEGO AIKIKAI CLASS SCHEDULE

(Updated Sep 2023)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:15 AM – 8:15 PM BODY ARTS <i>All Levels*</i> <i>Adults</i> G. Payne			9:00 AM – 10:00 AM BODY ARTS <i>Beginners</i> <i>Adults + Juniors</i> L. Cohen
10:00 AM – 11:10 AM BODY ARTS <i>All Levels*</i> <i>Adults</i> D. Drake						10:10 AM – 11:10 AM BODY ARTS <i>All Levels*</i> <i>Adults</i> J. Frost
				5:00 PM – 5:55 PM AIKIDO <i>Kids</i> U. Murillo-Sosa		11:20 AM – 12:20 PM WEAPONS <i>All Levels*</i> <i>Adults</i> J. Frost
	6:00 PM – 7:15 PM BODY ARTS <i>All Levels*</i> <i>Adults</i> D. Drake	6:00 PM – 7:15 PM BODY ARTS <i>All Levels*</i> <i>Adults</i> J. Frost		6:00 PM – 7:15 PM CONDITIONING & AIKIDO BASICS <i>All Levels*</i> <i>Adults</i> D. Drake		
	7:30 PM – 8:00 PM ZAZEN <i>Everyone</i> D. Drake	7:20 PM – 8:30 PM WEAPONS <i>All Levels*</i> <i>Adults</i> J. Frost		7:25 PM – 8:30 PM WEAPONS <i>All Levels*</i> <i>Adults</i> D. Drake	7:45 PM – 8:45 PM IAIDO <i>All Levels</i> <i>Adults</i> W. Ahrens	

*All Levels classes are open to all students

Online Classes:

Thursday: 7:30 PM – 8:10 PM **ZAZEN** *Adults* L. Cohen (email: cohkee@att.net)



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