

SAN DIEGO AIKIKAI CLASS SCHEDULE


(Updated Mar 2024)

| SUNDAY | MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|---|--|
| | | | 7:15 AM – 8:15 AM BODY ARTS <i>All Levels*</i> <i>Adults</i> G. Payne | | | 9:00 AM - 10:00 AM BODY ARTS <i>Kids</i> U. Murillo Sosa |
| 10:00 AM - 11:00 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 BODY ARTS <i>Kids</i> D. Drake | | 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 - 8:35 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: 7:30-8:10PM - **ZAZEN** - *Adults* - L. Cohen (E-mail cohkee@att.net)

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