



“WHERE SELF-DEFENSE IS A SCIENCE”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Aikido (6-12yrs) 6:00pm to 6:45pm Adult Aikido 6:45pm to 7:45pm <i>(Both @ Ballentine YMCA)</i>		Youth Aikido (6-12yrs) 6:00pm to 6:45pm Adult Aikido 6:45pm to 7:45pm <i>(Both @ Ballentine YMCA)</i>		Private Classes 9:00am to 12:00pm	Private Classes 9:00am to 10:00am
Youth Aikido (6-12yrs) 5:30pm to 6:15pm	Little Samurai (4-6yrs) 5:30pm to 6:15pm	Youth Aikido (6-12yrs) 5:30pm to 6:15pm	Little Samurai (4-6yrs) 5:30pm to 6:15pm	Youth No-Gi (6-12yrs) 5:45pm to 6:30pm	Youth Aikido (All ages) 10:15am to 11:00am
Youth Jiu-Jitsu (6-12yrs) 6:15pm to 7:00pm	Youth Aikido (6-12yrs) 6:15pm to 7:00pm	Youth Jiu-Jitsu (6-12yrs) 6:15pm to 7:00pm	Youth Aikido (6-12yrs) 6:15pm to 7:00pm	Fight Simulation (No-Gi) Adults 6:30pm to 7:30pm	Aikido/Jiu-Jitsu Adults 11:00am to 12:00pm
Aikido Adults 7:00pm to 8:00pm	Aikido Adults 7:00pm to 8:00pm	Aikido Adults 7:00pm to 8:00pm	Aikido Adults 7:00pm to 8:00pm		
Jiu-Jitsu Adults 8:00pm to 9:00pm	Jiu-Jitsu Adults Advanced 8:00pm to 9:00pm	Jiu-Jitsu Adults 8:00pm to 9:00pm	Jiu-Jitsu Adults Advanced 8:00pm to 9:00pm		

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