

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09.30 - 10.30	08.45 - 09.15	09.30 - 10.30	08.45 - 09.15	09.30 - 10.30	10.00 - 11.00
Aikido	Misogi	Aikido	Misogi	Aikido	Kids 5-8 y.o.
	09.30 - 10.30		09.30 - 10.30		11.15 - 12.30
	Aikido		Weapons		Aikido
	10.45 - 11.15		10.45 - 11.15		
	Zazen		Zazen		Yoga
17.00 - 17.50	18.00 - 19.00	18.00 - 18.50	17.50 - 18.50	17.00 - 17.50	
Kids 9+ y.o.	Aikido	Kids 5-8 y.o.	Iaido	Kids 9+ y.o.	
18.00 - 19.00	19.10 - 20.00	19.00 - 19.50	19.00 - 20.00	& Adults mixed	
Free conditioning	Weapons	Kids 9+ y.o.	Aikido	18.00 - 19.30	
Nikos Costalas	20.00 - 20.30	20.00 - 21.00		3rd Kyu+	
19.10 - 20.00	Misogi	Aikido Basics		19.45 - 20.30	
Aikido				Zazen	
20.15 - 21.45			20.15 - 21.45		
Yoga			Yoga		