



## TRAINING SCHEDULE

**Mon**

**Japanese  
Aikijujutsu**

Juniors

5:45 P.M. - 6:30 P.M.

**Kenjitsu  
Sword**

6:30 P.M. - 9:00 P.M.

Juniors

**Tue**

**Grapple up  
Triangle Theory**

5:45 P.M. - 6:45 P.M.

Jujitsu

**Japanese Aikijujutsu**

Juniors green belt & above

6:45 P.M. - 7:30 P.M.

(yellow belts by invitation)

**Japanese Aikijujutsu**

Adults

7:30 P.M. - 8:30 P.M.

**Wed**

**Japanese Aikijujutsu**

Juniors

5:30 P.M. - 6:15 P.M.

**Kenjitsu  
Sword**

6:15 P.M. - 7:45 P.M.

**Karate**

7:45 P.M. - 8:45 P.M.

**Thu**

**Cardio Punch  
& Crunch**

5:00 P.M.

5:45 P.M.

**Lil Samurais**

5:45 P.M.

6:15 P.M.

**Japanese Aikijujutsu**

Juniors

6:30 P.M.

7:15 P.M.

**Japanese Aikijujutsu**

Adults

7:30 P.M.

8:30 P.M.

**Fri**

**Testing / Promotions / Special events**

All Day

**Sat**

**TaiChi**

7:30 A.M.

8:15 A.M.

**Lil Samurai**

8:15 A.M.

8:45 A.M.

**Cardio Punch  
& Crunch**

8:45 A.M.

9:30 A.M.

**Aikijujutsu  
Weapons**

9:30 A.M.

10:15 A.M.

**Aikijujutsu  
Adults**

10:15 A.M.

11:15 A.M.

**Grapple up  
Triangle Theory**

11:15 A.M.

12:15 P.M.

**Karate**

12:15 P.M.

1:15 P.M.

**Age Groups:**

Lil Sams: 4-6, Juniors: 7-12, Adults: 13+,

Grapple Up Jujitsu: 7+