



TRAINING SCHEDULE

Mon

**Japanese
Aikijujutsu**

Juniors

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

**Kenjitsu
Sword**

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

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

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

Karate

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

**Kenjitsu
Sword**

7:30 P.M. - 9:00 P.M.

Thu

**Cardio Punch
& Crunch**

5:00 P.M.

5:45 P.M.

Lil Samurai

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+