

## Sunset Cliffs Aikido Schedule of Classes

### **Monday**

4:30- 5:40 pm Children  
6:00- 7:00 pm Beginners  
7:15- 8:30 pm Advanced

### **Tuesday**

7:30- 8:30 am Weapons  
(permission from Sensei B. Tom required)  
8:30- 9:45 am General (all levels)  
6:30- 7:00 pm Suburi (wooden sword & staff)  
7:00- 8:00 pm General (all levels)

### **Wednesday**

4:30- 5:40 pm Children  
6:00- 7:00 pm Beginners  
7:15- 8:30 pm Advanced

### **Thursday**

7:30- 8:30 am Weapons  
(permission from Sensei B. Tom required)  
8:30- 9:45 am General (all levels)  
6:30- 7:00 pm Suburi (wooden sword & staff)  
7:00- 8:00 pm General (all levels)

### **Friday**

4:30- 5:40 pm Children  
6:00- 6:30 pm Free Training  
6:30- 7:15 pm Junior with Senior  
7:15- 8:30 pm Advanced

### **Saturday**

8:00- 9:00 am Weapons  
(permission from Sensei B. Tom required)  
9:00- 10:15 am General (all levels)

### **Sunday**

10:00- 12:00 Sitting Meditation, Yoga, Weapons

