

# AIKIDO OF HILO - CLASS HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>AM</b>		8:00am-9:15am <b>SENIOR AIKIDO &amp; EXERCISE</b>			8:00am-9:15am <b>SENIOR AIKIDO &amp; EXERCISE</b>
						9:30am-10:45am <b>ADVANCED</b> third Saturday, monthly
	<b>PM</b>					
3:00-3:30pm Basic- All Members <b>Aiki-Jo &amp; Aiki-Ken</b>						
3:45-4:30pm Advanced- By Permission <b>Aiki-Jo &amp; Aiki-Ken</b>						Effective 4/25 Hours remain <b>subject to change</b>
4:45-5-45pm <b>TEEN &amp; ADULT ALL LEVELS</b>		4:45pm-5:45pm Youth <b>Grades 3-6</b>			4:45pm-5:45pm Youth <b>Grades 3-6</b>	
				OPEN MAT 5:45-6:15		
		6:15pm-7:30pm <b>TEEN &amp; ADULT ALL LEVELS</b>		6:15pm-7:30pm <b>TEEN &amp; ADULT ALL LEVELS</b>	6:15pm-7:30pm <b>TEEN &amp; ADULT ALL LEVELS</b>	
		OPEN MAT 7:30-8:00			OPEN MAT 7:30-8:00	

**What class to attend?**  
(if in doubt, ask instructor)

Mixed Classes- all members (emphasis on basic techniques & exercises)  
Advanced Class- 2<sup>nd</sup> Kyu & up or by instructors' permission

Aikido of Hilo classes meet at  
29 Shipman St #106, Hilo

Phone 935-AIKI for further information

**Chief Instructor:** Robert E. Klein, D.C., 7<sup>th</sup> Dan

or visit [www.AikidoOfHilo.org](http://www.AikidoOfHilo.org)