

AIKIDO OF HILO - CLASS HOURS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00am-10:00am ADULT MIXED LEVELS		AM	8:00am-9:15am ADVANCED last Saturday only, each month
					PM	
3:00-3:35pm BASIC WEAPONS					Waimea Classes At the Green Church on Church Row FRIDAY SATURDAY Youth 4:00-5:00pm Youth 4:00-5:00pm Adult 5:00-6:30pm Adult 5:00-6:30pm	
3:45-4:30pm ADVANCED WEAPONS						
4:45-5:45pm YOUTH & ADULT MIXED LEVELS		5:15pm-6:15pm Youth Grades 3-6		5:15pm-6:15pm Youth Grades 1-2	5:15pm-6:15pm Youth Grades 3-6	
	6:30pm-7:30pm TEEN & ADULT BASIC	6:30pm-7:30pm ADULT MIXED LEVELS		6:30pm-7:30pm ADULT MIXED LEVELS	6:30pm-7:30pm TEEN & ADULT BASIC	Effective 9/09 Hours remain subject to change
		7:45-8:15pm INTERMEDIATE/ ADVANCED		7:45-8:15pm INTERMEDIATE/ ADVANCED		

What class to attend? Basic Class- all members (emphasis on basic techniques & exercises)
 (if in doubt, ask instructor) Mixed Class- all members (emphasis on basic & intermediate techniques & exercises)
 Intermediate Class- 4th Kyu & up or instructor's permission (basic & intermediate techniques)
 Advanced Class- 2nd Kyu & up

Aikido of Hilo classes meet at
29 Shipman St #203, Hilo
 (except as noted in Waimea)
Phone 935-AIKI for further information

Chief Instructor: Barbara E. Klein, M.S., 6th Dan
Instructor: Robert E. Klein, D.C., 6th Dan
 or visit www.AikidoOfHilo.org