



Aikido Mountain West Class Schedule

Time	Monday	Tuesday	Wednesday		Time	Thursday	Friday	Saturday	
4:30--5:10	Aikido Kids Tigers	5:00--6:00 pm Japanese Language Class 2nd & 4th Tues.			4:30--5:10	Aikido Kids Tigers		9:00--10:30	Aikido
5:10--6:00	Aikido Kids Dragons				5:10--6:00	Aikido Kids Dragons		10:30--11:30	
	Open Mat	Open Mat	5:45--6:45	Aikido		Open Mat	Open Mat	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Schedule effective August 1, 2019</p> </div>	
6:15--7:15	Aikido Weapons	Aikido		Open Mat	6:15--7:15	Aikido Basics	Aikido Basics		
7:15--8:15	laido	Special classes as announced	7:00--8:00	Open, with instruction	7:15--8:15		laido		

Generally, Tigers are 4 to 8 years old. 4 year olds require parent participation. Dragons are 8 to 14 years old.

Closed Dates: New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas.

DOORS OPEN: 30 minutes before the first class and 15 minutes after the last class, plus as needed.