

AIKIDO IN FREDERICKSBURG CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM		Aikido 7:30 - 8:30		Aikido 7:30 - 8:30			
8:00 AM			Aikido 8:00 - 9:00		Aikido 8:00 - 9:00		
8:30 AM		Jiyukeiko		Jiyukeiko			
9:00 AM			Jiyukeiko		Jiyukeiko	Aikido 8:30 - 10:00	Meditation & Aiki Weapons 9:00 - 10:00
9:30 AM							
10:00 AM						Souji	Jiyukeiko
10:30 AM						Special Topics**	
11:00 AM							
12:00 PM			Aikido 12:00 - 1:00		Aikido 12:00 - 1:00		
12:30 PM							
1:00 PM			Jiyukeiko		Jiyukeiko		
4:00 PM	Class at UMW 4:00 - 5:00						
4:30 PM							
5:30 PM		Children 5:30 - 6:20	Children 5:30 - 6:30 at Stafford Rec	Children 5:30 - 6:20			
6:00 PM	Youth Class 6:00 - 7:00				Youth Class 6:00 - 7:00		
6:30 PM		Aikido/No Fall 6:30 - 7:30	Seniors 6:30 - 7:30 at Stafford Rec	Aikido/No Fall 6:30 - 7:30			
7:00 PM	Souji				Aikido* 7:00 - 8:00		
7:30 PM	Aikido Basics 7:15 - 8:15	Souji	Aikido 7:30 - 8:30 at Stafford Rec	Souji			
8:00 PM		Aikido 7:45 - 9:00		Aikido 7:45 - 9:00			
8:30 PM	Advanced Aikido 8:30 - 9:15						
9:00 PM							
9:30 PM	Jiyukeiko	Jiyukeiko		Jiyukeiko			

*4th Friday Kyu Tests

**1st Saturday Ukemi, 2nd Saturday Sotodeshi, 3rd Saturday Kids/Family, 4th Saturday Community

CHILDREN'S CLASS is generally for children ages 6-12 and their parents.

YOUTH CLASS is generally for those ages 10 and up.

TEENS may train in the Adult classes with Sensei's permission.

ADVANCED CLASS is generally for those ranked 2nd kyu and up.

SOTODESHI CLASS requires an additional registration and is an ongoing program for those ranked 4th kyu and up.

SOUJI means cleaning. Students are expected to assist with dojo cleaning and maintenance.

JYUKEIKO is "free training". These Open Mat times are for student to practice areas of individual interest (such as test preparation).

OTHER CLASSES may be added based on students' interest such as yoga, tai chi, and other special topics.