

Aikido of Diablo Valley Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|------------------------------|------------------------------|------------------------------|------------------------|-----------------------------------|----------------------------|
| 9:00 | | | | | | | Jr. Aikido 9 - 10 am |
| 9:30 | | | | | | | Beginning 10 - 11 am |
| 10:00 | Open Mat* 10 - Noon ADV students only | | | | | | Gen. Practice 11 - Noon |
| 10:30 | | | | | | | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| Noon | | | | | | | |
| 12:30 | | Beginning 12:30 - 1:30 | Beginning 12:30 - 1:30 | | | Weapons 12:30 - 1:30 | |
| 1:00 | | | | | | | |
| 1:30 | | | | | | | |
| 2:00 | | | | | | | |
| 2:30 | | | | | | | |
| 3:00 | | | | | | | |
| 3:30 | | | | | | | |
| 4:00 | | | Jr. Aikido 4 - 5 pm | | Jr. Aikido 4 - 5 pm | | |
| 4:30 | | | | | | | |
| 5:00 | | | | | | | |
| 5:30 | | | | | | | |
| 6:00 | | Aiki taiso 6:00 - 6:30 | Aiki taiso 6:00 - 6:30 | | | Aiki taiso 6:00 - 6:30 | |
| 6:30 | | Beginning 6:30 - 7:30 | Beginning 6:30 - 7:30 | Beginning 6:30 - 7:30 | Weapons 6:30 - 7:30 | | |
| 7:00 | | | | | | Beginners' Session 7 - 8:30 | |
| 7:30 | | Gen. Practice 7:30 - 8:30 | Gen. Practice 7:30 - 8:30 | Gen. Practice 7:30 - 8:30 | Weapons 7:30 - 8:30 | | |
| 8:00 | | | | | | | |
| 8:30 | | | | | | | |

**check message board for time changes before attending.*

= Classes open to Teen and Adult Beginners' Session students.
 Teen and Adult students practice together in the General Practice, Weapons, and Advanced classes.

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