

Aiki-Centre - Aikido and Boxing Training Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30am BOXING Fitness <i>by appointment</i> Duration 1hr		6.30am BOXING Fitness <i>by appointment</i> Duration 1hr			
					9.30 AM AIKIDO Aiki - Kids Combined 5 yrs + 10 yrs + Duration 1hr.	
						AIKIDO & KOBUDO Training SEMINARS & other special weekend training events.
					11.00 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 1.5 hr	(As scheduled)
Also available Personal Training - Boxing for Fitness & Self Defence						
					12.30 PM KOBUDO Weapon Arts Practice Session Duration 1hr	
4.45PM AIKIDO Aiki - Kids Combined 5yrs + & 10Yrs+ Duration 1hr		4.45 PM AIKIDO Aiki - Kids Combined 5yrs + & 10yrs+ Duration 1hr				
	6.00 PM BOXING Fitness - Duration 1hr.	6.30 PM KOBUDO Weapon Arts Practice Session Duration 1hr.	6.00 PM BOXING Fitness - Duration 1hr.			
6.30 PM AIKIDO Adults - General All levels Duration 1hr.	7.30 PM AIKIDO Adults - General All levels Duration 1.5hr.	7.00 PM SELF DEFENCE Short Course Refer to course info for dates 1hr. 30mins	7.30 PM AIKIDO Adults - General All levels Duration 1.5hr.			

If Aiki-Centre is **closed** you are welcome to visit during session times and watch a class. Visit www.aikicentre.com.au for more information, phone or email us if you have any questions.