



*Aiki Kunren Dojo*

*Aikido Iwama Style*

WEEKLY TRAINING SCHEDULE

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	18:30-19:30 hrs Bukiwasa (weapons)	18:30-19:30 hrs Bukiwasa (weapons)	18:30-19:30 hrs Bukiwasa (weapons)		06:30-07:30 Bukiwaza (weapons)	
	19:30-20:30 hrs Taijutsu (empty hand)	19:30-20:30 hrs Taijutsu (empty hand)	19:30-20:30 hrs Taijutsu (empty hand)		07:30-08:30 Taijutsu (empty hand)	