



Aiki Kunren Dojo

Aikido Iwama Style

WEEKLY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					14:00-16:00 hrs Bukiwasa & Taijutsu	09:30-11:30 hrs Bukiwasa (weapons)
	18:30-19:30 hrs Bukiwasa (weapons)	18:30-19:30 hrs Bukiwasa (weapons)	18:30-19:30 hrs Bukiwasa (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)			