

Fishhawk Martial Arts Academy

Mushin No Shin Aiki Jujutsu Do



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFTER SCHOOL PROGRAM 12:55PM-6PM	AFTER SCHOOL PROGRAM 1:55PM-6PM	AFTER SCHOOL PROGRAM 1:55PM-6PM	AFTER SCHOOL PROGRAM 1:55PM-6PM	AFTER SCHOOL PROGRAM 1:55PM-6PM	8am-9am Women's Cardio Kickboxing	Birthday Parties Available
5:00pm-6:00pm Juniors Aiki Jujutsu	5:30pm-6:15pm Little Samurai	5:00-6:00PM Kara te techniques	5:30-6:15pm Little Samurai		9:00-10:00AM Katana training	
6:00pm-7:00pm Aiki Jujutsu 6 th kyu and up Advanced techniques 6 th kyu and up Kobudo (weapons)	6:15pm-7:15pm Juniors Aiki Jujutsu	6pm-7:00PM Juniors Aiki Jujutsu	6:15-7:15PM Juniors Aiki Jujutsu		10:00-11:30AM Adult Aiki jujutsu and Randori	
1 st Monday-advanced techniques 2 nd Monday-weapons 3 rd Monday-advanced techniques 4 th Monday-weapons					1130-12:30PM Kara te and Weapons (1 st Saturday of each month is Kumite) Kobudo: Sai; Kama; Tonfa	
Weapons are Jo & Bokken					2:00-6:00PM Birthday Parties Available And /Or 2PM-5PM PRIVATE INSTRUCTION AND SELF DEFENSE WORKSHOPS	
7:00pm-8:00pm Kara te Kata	7:15pm-8:15pm Adults Aiki-Jujutsu	7:00pm-8:00pm Women's Cardio kickboxing	7:15pm-8:15pm Adult Aiki jujutsu			
			8:15- 9:15 Kara te Kumite			

UPDATED AS OF OCTOBER 2018