

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	9:00-10:00AM Katana training	Birthday Parties Available **Private session Available 2:00 -5:00 when no Birthday party scheduled Birthday Parties Available And /Or 2PM-5PM PRIVATE INSTRUCTION AND SELF DEFENSE WORKSHOPS
5:00PM-6:00PM Juniors Aiki Jujutsu	5:30pm-6:15pm Little Samurai	(5:00PM-6:00PM Juniors Aiki Jujutsu) *** (Not during the summer months**)	5:30PM-6:15PM Little Samurai	PRIVATE TRAINING CLASSES OFFERED HOURS 4-6	10:00-11:30AM Adult Aiki jujutsu and Randori	
6:00PM-7:00PM Aiki Jujutsu 6 th kyu and up Intermediate techniques 6 th kyu and up Kobudo (weapons) *****	6:15pm-7:15pm Juniors Aiki Jujutsu	7:00PM-8:00PM Kara te techniques	6:15PM-7:15PM Juniors Aiki Jujutsu		1130-12:30PM Kumite (sparring)	
7:00PM-8:00PM Kara te Kata	7:15PM-8:15PM Adults Aiki-Jujutsu	8:00PM-9:00PM Japanese Soto Zen Meditation	7:15PM-8:15PM Adult Aiki jujutsu			