



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDA	SATURDAY	SUNDAY
07:00 – 08:00	ZEN meditation and breathing exercises			ZEN meditation and breathing exercises			
08:00 – 09:00						ZEN	
10:30 – 13:00						NISHIO	
12:00 – 13:00			ZEN meditation and breathing exercises				
17:00 – 18:00							Aikido in English
17:45 – 18:30		AIKIDS age 3 to 6					
18:00 – 19:00	* CHILDREN advanced * 8-weeks program * BEGINNERS		AIKIDS age 3 to 6		* CHILDREN advanced * 8-weeks program * BEGINNERS		* CHILDREN age 6-9 * FAMILY Aikido
18:30 – 19:30		* CHILDREN age 6-9 * FAMILY Aikido		* CHILDREN age 6-10 * FAMILY Aikido			
19:00 – 20:00	ADULTS & TEENS 6 th Kyu and up		ADULTS & TEENS 6 th Kyu and up		ADULTS & TEENS 6 th Kyu and up		
20:00 – 21:00	Weapons	NISHIO Aikido	ADVANCED 3 rd Kyu and up	NISHIO Aikido			
21:00 – 23:00	Aikido Adults with Penev Sensei		Aikido Adults with Penev Sensei		Aikido Adults with Penev Sensei		

- CHILDREN and FAMILY Aikido – this program is designed for students aged 6 to 10 who can train with/without their parents. Students learn the fundamental self-defense techniques of Aikido, while at the same time developing physically, mentally, and socially.
- AIKIDS aged 3 to 6 – This program focuses on having a fun, engaging and useful experience for children who are not yet ready to perform full Aikido techniques. The rule for this group is that every kid trains with their parent.
- 8-weeks program – everybody of age over > 10 is welcomed to this group. It's designed for strong start with the basics of Aikido.
- ZEN meditation and breathing exercises – this group is open to students aged over > 12. Zazen (sitting meditation) is the basic practice of Zen as it provides the easiest conditions in which to experience a heightened state of awareness.