

## Schedule (updated 1.jan'24)

	MON	TUE	WED	THU	FRI	SAT	SUN
Daytime		11.30-12.30 Balance & falling safe seniors		11.30-12.30 Balance & falling safe seniors			ca 13.00-15.00 Workshop** (for all, TBC on Whatsapp)
17.00							
17.30	17.30-18.15 QwanKiDo (children)	17.30-18.30 Juniors 9-12 & beg.	17.30-18.30 MiniMaxiMix 5-8 yr-old w/parent	17.30-18.30 Youth 13+ & adv.jr.	17.15-18.45 QwanKiDo ( jr / sr)		
18.00							
18.30	18.15-19.30 QwanKiDo ( jr / sr)						
19.00		19-20.30 Aikido (adv.*)	19-20.30 Aikido Applications (adv.*)	19-20.30 Aikido Fundamentals (for all)	19-20.30 Aiki-weapons (for all)		
19.30	19.30-21 Aikido						
20.00							
20.30	Fundamentals (for all)	20.30-21 free practice <sup>o</sup>	20.30-21 free practice <sup>o</sup>	20.30-21 free practice <sup>o</sup>	20.30-21 free practice <sup>o</sup>		
21.00...	free practice <sup>o</sup>						

\* **Advanced** = 3rd kyu and up/or by permission, good ukemi-skills, with focus on upper kyu & dan curriculum.

\*\* **Workshops** = with a senior grade leading the session, train primarily on own stuff (TBC on whatsapp).

<sup>o</sup> **"Free practice"** - for those who want to keep practicing (no instructor)... NB: remember wash up & lock up!

NB: Check **whatsapp groups** or **FB-Extra group** for changes (to join those contact Jac: 98250628).