

Fishhawk Martial Arts Academy

Mushin No Shin Aiki Jujutsu Do



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:55-6pm	1:55-6pm	1:55-6pm	1:55-6pm	1:55-6pm	8:00-9:00am	Birthday Parties Available
AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM 1:55-6pm	Tai Chi	
5:00-6:00pm		5:00-6:00pm			9:00-10:00am	
Juniors Aiki Jujutsu	5:30-6:15pm	Juniors Aiki Jujutsu	5:30-6:15pm		Weapons (weekly rotation of Sai, Jo, Katana)	
	Little Samurai		Little Samurai		10:00-11:30am	
6:00-7:00pm					Adult Aiki jujutsu and Randori (Aiki Intermediate & Advanced Techniques)	
Karate Kata	6:15-7:15pm		6:15-7:15pm		11:30-1:00pm	
	Juniors Aiki Jujutsu		Juniors Aiki Jujutsu		Karate Kata	
					1:00-2:00pm	
					Black Belt Training (once a month)	
					2:00-6:00pm	
					Birthday Parties Available	
					And /Or 2PM-5PM PRIVATE INSTRUCTION AND SELF DEFENSE WORKSHOPS	
7:00-8:00pm	7:15-8:15pm		7:15-8:15pm			
Meditation	Adults Aiki-Jujutsu		Adult Aiki jujutsu			