



MONDAY	12:30 PM 1.00 PM 2.00-3.00 PM 4:00pm-5:00pm 5:30 PM 6:30 PM 7:30 PM 8:30 PM	Meditation - All students welcome BEGINNERS /All grades Black Belt Syllabus CHILDREN All White ,Blue & Yellow All Grades, Beginners and Returning students GREEN BELT class BROWN BELT class Meditation
TUESDAY	5.30PM 6.30PM 7.30PM	KATA CLASS ALL Grades Black Belt WEAPONS CLASS Meditation
WEDNESDAY	9.30am-10.30am 3.40 PM 5.15PM 6.15PM-7.15PM 7.15PM -8.15PM	ZAZEN (Meditation) No Gi Necessary SEIDO SUPER KIDS CLASS (5-8YEARS OLD) BLUE BELT&ABOVE BLACK BELT CLASS BLACK BELT CLASS
THURSDAY	4:00 PM 5:30 PM 6:30 PM 7:30 PM 8:30 PM	Junior White,Blue,Yellow Belt class ALL Grades,Beginners and Returning students YELLOW BELT CLASS SPARRING CLASS Green belt and above Meditation
FRIDAY	1:00 PM 2:00 PM 4:00 PM 5.30PM	BEGINNERS/ All grades Meditation All students welcome JUNIOR: Green Belt and above Sparring FITNESS CLASS, Green Belt and Above Adults Gi Pants, Tee shirt and Obi Acceptable
SATURDAY	8AM 9AM 9.30AM 10.30AM 11.30AM	BLACK BELT BO class (Alternative weeks) Meditation - all students welcome White belt and above Kata Class SPARRING CLASS Green belt and above
SUNDAY	10:00 AM 11:00 AM	White Belt and above SPARRING CLASS Green Belt and above

