

Seido Karate Nelson



Weekley Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-5:00	4:00-5:00	4:00-5:00		8:00-9:00
Kids Class Sei Shihan Aaron	Super Kids Class 5-8 year old Kyoshi Sharlene	Kids Class Sei Shihan Aaron Senpai Riley		Black Belt Bo - Weapons Class Sei Shihan Aaron
5:30-6:30	5:30-6:30	5:30-6:30		9:00-9:30
Beginners Class Jun Shihan Neroli	Junior Sparring Green Belt and above Senpai Riley	White and Blue Belt Sei Shihan Aaron		Meditation Senior lead
6:30-7:30	6:30-8:00	6:30-7:30	6:00-7:00	9:30-10:30
Kata Class Sei Shihan Aaron	Black Belt* Sei Shihan Aaron	Yellow Belt* and above Sei Shihan Aaron	Fitness Class* Green Belt and above Sei Shihan Aaron	General Class all Belts Senpai Miro
7:30-8:30		7:30-8:30	7:00-7:30	10:30-11:30
Green and Brown Sei Shihan Terry		Sparring Green Belt and above Kyoshi Gerry	Contact Sparring* Green Belt and above Sei Shihan Aaron	Kata Class Sei Shihan Aaron
				11:30-12:30
	<i>* 1st Wednesday Black Belt Sparring</i>	<i>*1st Thursday Pre-Sparring Yellow Belt</i>	<i>* 16 and above for Fitness Class 18 and above for Contact Sparring</i>	Sparring Sei Shihan Aaron