

Aikido Tanren Juku Practice Schedule

www.tanrenjuku.com
www.tanrenjukukids.com

SOUTHLAND LEISURE CENTER
2000 SOUTHLAND DRIVE SW
CALGARY, AB

Updated January 2011

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						
9:30 AM						9:00-10:00am children (6-8 yrs)
10:00 AM						
10:30 AM						10:00-11:00am children (9-11 yrs)
11:00 AM						
11:30 AM						11:00am-12:30pm adult (16+ yrs)
12:00 PM						
12:30 PM						
1:00 PM						12:45-1:45pm *intro parent/child
1:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	6:00-7:00pm **children's weapons	5:30-6:30pm children (6-8 yrs)	5:25-6:25pm *intro children (6-8 yrs)			
6:30 PM						
7:00 PM		6:30-7:30pm children (9-11 yrs)	6:30-7:30pm *intro children (9-13 yrs)	6:15-7:15pm *intro parent/child or b&b		
7:30 PM						
8:00 PM	7:30-9:00pm adult & *intro youth/adult (16+ yrs)	7:30-8:30pm children (12+ yrs)	7:30-9:00pm adult	7:30-8:30pm children (12+ yrs)		
8:30 PM						
9:00 PM						

* Intro class times are applicable when offered at Southland Leisure Centre through the City of Calgary Recreation Programs. Each class runs weekly for up to 10 weeks.

** Eligible students for children's weapons class are those that are green belt or higher and have obtained Dan Sensei's approval.

b&b: Brown & Black belts only. This class will run when Parent/Child Intro class is not in session.

Note: The dojo will be closed on all long-weekends and for a brief period during the Christmas holidays.