



Class Schedule For: Adult Aikido, Child Aikido & CrossFit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSSFIT	6:00-7:00pm 8:00-9:00pm	9:00-10:00am 7:30-8:30pm	8:30-9:30pm	9:00-10:00am 7:30-8:30pm	GOAT Night 8:15-9:00pm	8:30-9:15am	
AIKIDO JR.SAMURAI AGES 4-5	4:00-4:30pm	4:30-5:00pm	4:15-4:45pm	5:15-5:45pm		9:30-10:00am	
AIKIDO CHILD BEG. AGES 6-9	5:15-6:00pm	5:00-5:45pm	5:00-5:45pm	5:45-6:30pm		10:45-11:30am	
AIKIDO CHILD ADV. AGES 6-9		5:45-6:30pm	5:45-6:30pm	4:30-5:15pm		10:00-10:45am	
AIKIDO YOUTH AGES 10-14	4:30-5:15pm			3:45-4:30pm	6:15-7:00pm	12:30-1:15pm	
AIKIDO ADULT AGES 14 & UP	7:00-8:00pm	12:00-1:00pm 6:30-7:30pm	6:30-7:30pm 7:30-8:30pm	12:00-1:00pm 6:30-7:30pm	7:00-8:00pm	11:30-12:30pm	10:00-11:00am



Class Schedule Program Descriptions

AIKIDO (eye-key-doe) Aikido is a nonviolent, self-defensive martial art that teaches you how to protect yourself by using an attacker's force, size and strength against themselves. Aikido training involves both physical and mental conditioning.

CROSSFIT is a strength and conditioning fitness methodology. It promotes broad and general overall physical fitness. Many athletes, soldiers, police officers and firefighters use CrossFit. CrossFit is extremely varied. It is based on functional movement performed at high intensity. Workouts are brief, often lasting 20 minutes or less, but require an extensive warm up. The aim is to create the quintessential athlete, "equal parts gymnast Olympic weightlifter and sprinter." CrossFit is based on Athletics and revolves around human performance not vanity. This training will prepare you for the sport and life.