



A Center for the Martial Arts

Soseikan Dojo

6856 West 111th Street Worth, Illinois 60482

708-448-2454 (AIKI)

www.acenterforthemartialarts.com

Side A - Green Mat			Side B - Black Puzzle Mat		
DAY	TIME	PROGRAM	DAY	TIME	PROGRAM
MONDAY	8:00 AM		MONDAY	8:00 AM	
	9:00 AM			9:00 AM	
	10:00 AM			10:00 AM	
	11:00 AM			11:00 AM	
	12:00 PM			12:00 PM	
	1:00 PM			1:00 PM	
	2:00 PM			2:00 PM	
	3:00 PM			3:00 PM	
	4:00 PM	Kenpo - Kids		4:00 PM	
	5:00 PM			5:00 PM	
	6:00 PM	Jujitsu - Kids		6:00 PM	
	7:00 PM	Jujitsu Adults - Teens		7:00 PM	Tai Chi / Chi Gung
	Jujitsu Adults - Teens		Tai Chi / Chi Gung		
	9:00 PM		9:00 PM		
Side A - Green Mat			Side B - Black Puzzle Mat		
DAY	TIME	PROGRAM	DAY	TIME	PROGRAM
TUESDAY	8:00 AM		TUESDAY	8:00 AM	
	9:00 AM			9:00 AM	
	10:00 AM	Jujitsu Adults - Teens		10:00 AM	
	11:00 AM			11:00 AM	Tai Chi
	12:00 PM			12:00 PM	
	1:00 PM			1:00 PM	
	2:00 PM			2:00 PM	
	3:00 PM			3:00 PM	
	4:00 PM			4:00 PM	
	5:00 PM			5:00 PM	
	6:30 PM	Aikido - Kids		6:00 PM	
	7:30 PM	Aikido Adults - Teens		7:00 PM	Tae Kwon Do - Kids
8:30 PM	Aikido Adults - Teens	8:00 PM	Tae Kwon Do Adults - Teens		
			9:00 PM		
Side A - Green Mat			Side B - Black Puzzle Mat		
DAY	TIME	PROGRAM	DAY	TIME	PROGRAM
WEDNESDAY	8:00 AM		WEDNESDAY	8:00 AM	
	9:00 AM			9:30 AM	Tai Chi
	10:00 AM				Tai Chi
	11:00 AM				Tai Chi
	12:00 PM			12:00 PM	
	1:00 PM			1:00 PM	
	2:30 PM			2:00 PM	
	3:00 PM			3:00 PM	
	4:00 PM	Kenpo - Kids		4:00 PM	
	5:00 PM	Kenpo - Adults		5:00 PM	
	6:00 PM	Jujitsu - Kids		6:00 PM	
	7:00 PM	Jujitsu Adults - Teens		7:00 PM	Tai Chi / Chi Gung
	Jujitsu Adults - Teens		Tai Chi / Chi Gung		
	9:00 PM		9:00 PM		
Side A - Green Mat			Side B - Black Puzzle Mat		
DAY	TIME	PROGRAM	DAY	TIME	PROGRAM
THURSDAY	8:00 AM		THURSDAY	8:00 AM	
	9:00 AM			9:00 AM	
	10:00 AM	Jujitsu Adults - Teens		10:00 AM	
	11:00 AM			11:00 AM	
	12:00 PM			12:00 PM	
	1:00 PM			1:00 PM	
	2:00 PM			2:00 PM	
	3:00 PM			3:00 PM	
	4:00 PM			4:00 PM	
	5:00 PM			5:30 PM	Total Body Boot Camp
	6:00 PM				Total Body Boot Camp
	7:00 PM	Aikido Adults - Teens		7:00 PM	Tae Kwon Do - Kids
8:00 PM	Aikido Adults - Teens	8:00 PM	Tae Kwon Do Adults - Teens		
9:00 PM	Mugai Ryu Iai	9:00 PM			