



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
FRIDAY	8:00 AM		FRIDAY	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	
	2:00 PM			2:00 PM	
	3:00 PM			3:00 PM	
	4:00 PM			4:00 PM	
	5:00 PM			5:00 PM	
	6:00 PM			6:00 PM	
	7:00 PM	Aikido - Family		7:00 PM	
		Aikido - Family			
	9:00 PM		9:00 PM		
Side A - Green Mat			Side B - Black Puzzle Mat		
DAY	TIME	PROGRAM	DAY	TIME	PROGRAM
SATURDAY	6:00 AM	Jujitsu Black belts	SATURDAY	6:00 AM	
		Jujitsu Black belts		7:00 AM	
	8:00 AM	Jujitsu Adults - Teens		8:00 AM	
	9:00 AM	Jujitsu Kids		9:00 AM	
	10:00 AM	Mugai Ryu lai		10:00 AM	Tai Chi
	11:30 AM	Aikido - Kids		11:00 AM	Tae Kwon Do - Adults
	12:30 PM	Aikido Adults - Teens		12:00 PM	Tae Kwon Do - Kids
	1:30 PM	Aikido Adult - Teens		1:00 PM	
	2:30 PM			2:00 PM	
	3:00 PM			3:00 PM	Silat
	4:00 PM				Silat
	5:00 PM			5:00 PM	
	6:00 PM			6:00 PM	
	7:00 PM			7:00 PM	
	8:00 PM			8:00 PM	
	9:00 PM			9:00 PM	
Side A - Green Mat			Side B - Black Puzzle Mat		
DAY	TIME	PROGRAM	DAY	TIME	PROGRAM
SUNDAY	8:00 AM	Mugai Ryu lai	SUNDAY	8:00 AM	
	9:00 AM	Mugai Ryu lai			
	10:00 AM	Aikido Adults - Teens		9:30 AM	Tai Chi / Chi Gung
	11:00 AM	Aikido Adults - Teens			Tai Chi / Chi Gung
	12:00 PM			11:00 AM	Wu Kung
	1:00 PM			1:00 PM	Total Body Boot Camp
	2:00 PM				Total Body Boot Camp
	3:00 PM			3:00 PM	Silat
	4:00 PM			4:00 PM	Silat
	5:00 PM			5:00 PM	Silat
	6:00 PM			6:00 PM	
	7:00 PM			7:00 PM	
	8:00 PM			8:00 PM	
9:00 PM		9:00 PM			