



A Center for the Martial Arts



SOSEIKAN DOJO

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(708) 448-AIKI (2454)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IAIDO 8 AM – 9:30 AM	Available	DANZAN RYU JIJITSU Adults 10 AM - 11 AM	TAI CHI - CHI GONG 9:30 AM – 11:30 AM	DANZAN RYU JIJITSU Adults 10 AM - 11 AM	TAI CHI - CHI GONG 9:30 AM – 11:30 AM	DANZAN RYU JIJITSU Black Belt Class 6 AM – 8:00 AM
Open Mat 9:30 AM – 10 AM	KENPO Kids 4 PM - 5 PM	TAI CHI 11:15 AM - 12:15 PM	Available	Available	Available	Danzan Ryu Jujitsu Adult / Teen 8:00 AM – 8:45 AM
AIKIDO Ongoing 10 AM – 11 AM	TAE KWON DO All Ages 5 PM - 6 PM	Available	KENPO Kids 4 PM - 5 PM	Available	Available	Jujitsu Juniors Kids 8:45 AM - 9:30 AM
AIKIDO Ongoing 11 AM - 12 PM	Jujitsu Juniors Kids 6 PM - 7 PM	YOGA 5:30 PM - 6:30 PM	KENPO Adults / Teens 5 PM - 6 PM	Available	Available	IAIDO 9:30 AM – 10:30 AM
Available	DANZAN RYU JIJITSU Teens and Adults 7 PM - 9 PM	AIKIDO Kids 6:30 PM - 7:30 PM	Jujitsu Juniors Kids 6 PM - 7 PM	YOGA 5:30 PM - 6:30 PM	KENPO Kids 6 PM - 7 PM	TAI CHI 10:30 AM - 11:30 AM
Available	Available	AIKIDO Intro / Ongoing 7:30 PM - 8:30 PM	DANZAN RYU JIJITSU Teens and Adults 7 PM - 9 PM	AIKIDO Ongoing 8 PM - 9 PM	AIKIDO Ongoing 8 PM – 9:30 PM	AIKIDO Kids 11:30 AM – 12:30 PM
Available	Available	AIKIDO KENSHUSEI Program 8:30 PM – 9:30 PM	Available	IAIDO 9 PM - 10 PM	AIKIDO Open Mat 9:30 PM – 10 PM	AIKIDO Intro / Ongoing 12:30 PM – 1:30 PM
<p style="text-align: center;">AIKIDO - IAIDO - KENPO DANZAN RYU JU JITSU – TAI CHI – CHI GONG - YOGA JAPANESE LANGUAGE - TAE KWON DO -SILAT - Special Events</p> <p style="text-align: center;">Need space to hold a seminar, gives us a call. contact us at info@acenterforthemartialarts.com www.acenterforthemartialarts.com / www.aikidokyokai.com</p>						AIKIDO Ongoing 1:30 PM – 2:30 PM
						AIKIDO Open Mat 2:30 PM - 3 PM
						SILAT 3 PM - 4:30 PM
						Available
<p style="text-align: center;">AIKIDO - IAIDO - KENPO DANZAN RYU JU JITSU – TAI CHI – CHI GONG - YOGA JAPANESE LANGUAGE - TAE KWON DO -SILAT - Special Events</p> <p style="text-align: center;">Need space to hold a seminar, gives us a call. contact us at info@acenterforthemartialarts.com www.acenterforthemartialarts.com / www.aikidokyokai.com</p>						Japanese Language 2:30 PM – 3:30 PM
						SILAT 3 PM - 4:30 PM
						Available