

# AIKIDO SCHEDULES

**VICTORIA AIKIDO CENTRE - 690 Sumas St.** (see contact information at bottom of page)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:15pm Regular	5:25-6:20pm Child 6-9 6:20-7:15pm Youth 10-14 Child / Youth	6:00 - 7:15pm Regular	5:25-6:20pm <i>Child</i> 6-9 6:20-7:15pm Teen 15-18 Child / Teen	6:00 - 7:15pm Regular	8:25-9:20am Youth 10-14 9:20-10:15am Teen 15-18 Youth / Teen	9:00 - 10:15am Regular
7:30 - 8:45pm Beginners	7:30 - 8:45pm Regular	7:30 - 8:45pm Beginners	7:30 - 8:45pm Regular		10:30am - Noon Regular	

## UVIC

(info 595-0390) <http://web.uvic.ca/~aikido/>

MONDAY	WEDNESDAY
6:00 - 8:00 pm	6:00 - 8:00 pm

## SHAWNIGAN LAKE

(info 250-743-4791)

MONDAY	WEDNESDAY	SATURDAY
7:30 - 8:45 pm	7:30 - 8:45 pm	8:30 - 9:30 am

## CRANE AIKIKAI (DUNCAN)

(1BB - 2753 Charlotte Rd - info 250-701-0222)

TUESDAY	THURSDAY	SATURDAY
7:30 - 9:30 pm	7:30 - 9:30 pm	9:00 - 10:30 am

## SAN SHU KAN

(239 Menzies - info 382-5282) [www.sanshukan.com](http://www.sanshukan.com)

MONDAY	TUESDAY	THURSDAY	SATURDAY
6 - 7 pm Juniors	6 - 7:15 pm LV 2 & up	6 - 7:15 pm LV 2 & up	10:30 - noon LV 1 & up
7:30 - 9 pm LV 2 & up	7:30 - 9 pm Beginners	7:30 - 9 pm Beginners	

AIKIDO CENTRE PHONE 250-381-AIKI (2454)

ADULTS INFORMATION 250-477-4899

YOUTH and TEEN INFORMATION: 250-216-4325

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