

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 and Beginners	4:30-5:25pm Child 6-8 5:25-6:20pm Youth 9-12 6:20-7:15pm Jr. Teen 13-15 Child / Youth / Jr. Teen	6:00 - 7:15pm Regular and Beginners	4:30-5:25pm Child 6-8 5:25-6:20pm Youth 9-12 6:20-7:15pm Sr. Teen 16-18 Child / Youth / Sr. Teen	6:00 - 7:15pm Regular	8:25-9:20am Jr. Teen 13-15 9:20-10:15am Sr. Teen 16-18 Jr. Teen / Sr. Teen	9:00 - 10:15am Regular
	7:30 - 8:45pm Regular		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

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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