

JIAI AIKIDO

The study of aikido is a journey of both effective self defense and all around self improvement. Expert instruction for adults of all ages and abilities. Join our wonderful group of students today to discover what aikido can do for you.

YOUTH AIKIDO

Aikido is the perfect martial art for young bodies and minds. Teaching confidence, respect, focus, and much more in a fun and cooperative atmosphere. (Ages 7+)

Next 10 week session: **August 4th**

SYSTEMA

Hand to hand combat system used by the Russian Special Forces, Systema focuses mainly on using natural body movements to control the opponent.

FLOW YOGA

Vinyasa Flow Yoga is a flowing style of yoga that links breath with movement.

SANDIEGOAIKIDO.COM

Schedule and rates on the back

Schedule and Rates

See SanDiegoAikido.com for class details, schedule changes, package info and specials.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00						Beginners
10:00 - 12:00						Systema
4:30 - 5:30	Youth Class		Youth Class			
5:30 - 6:00		Suburi/Ukemi		Suburi/Ukemi		
6:00 - 7:00	Murashige	Beginners	Intermediate	Beginners	Intermediate	
7:15 - 8:15		Advanced		Advanced		

* Yoga by appointment

2 Month Beginning Package \$150

3 Month Package \$210

Full Membership \$115 / month

Youth Session \$175 / 10 weeks

Systema \$15 / class

Yoga* \$12, \$90 / 10 classes (student + mil discounts)