

# OPEN SKY AIKIDO & TAI CHI SCHEDULE

monday    tuesday    wednesday    thursday    friday    saturday    sunday

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
8-9 a.m.						adult aikido mixed levels	
9:30-10:30 a.m.						kids aikido 9:30-10:30 ages 8-14	Tai Chi 9-10 Chapel Hill
Midmorning		Jo, Tai Chi, Aikido 8:30-1 (DUKE) <small>DUKE STUDENTS ONLY</small>		Jo, Tai Chi, Aikido 8:30-1 (DUKE) <small>DUKE STUDENTS ONLY</small>		kids aikido 10:30-11:30 adv technique	Tai Chi beginners 10:15-11 Chapel Hill
1-2:30 p.m.						11:45-12:30 Tai Chi beginners	adult aikido mixed levels Hillsborough
4-5 p.m.	kids aikido ages 8-14	aikido intro ages 5-7 4-4:30	kids aikido ages 8-14				
5-5:30 p.m.	kids aikido adv weapons						
5:45-6:45 p.m.	Tai Chi OPEN MAT	Aikido Ukemi beginning 6-7		Tai Chi			
7-8 p.m.	adult aikido mixed levels	adult aikido advanced	adult aikido mixed levels	adult aikido mixed levels	adult aikido mixed levels		
8-9 p.m.			randori / jiyu waza 8:10-8:50		weapons		

Kids Fall program starts September 6, 2011 and ends December 14.

Updated September 23, 2011