

**Aikido of Northern Indiana - Onshinkan Dojo**

**Training Schedule**

**Effective Monday, 8/18/08**

**Monday -**

Yoga/Stretching/Breathing/Awareness 5:00-6:00 (Menning Sensei)

Introductory/Mixed Rank 6:30-7:20 (Shannon Crawford-Taylor)

Mixed Rank 7:30-8:20 (Menning Sensei)

Advanced 8:30-9:00 (Menning Sensei)

**Tuesday -**

Aikido Open Mat (bring your own partner) 5:30-6:30

laido 6:30-8:00 (John McCormack,)

Tai Chi 8:00-9:00 (Marc Troop)

**Wednesday -**

Youth/Family Mixed Rank 5:30-6:20 (Menning Sensei)

Introductory/Mixed Rank 6:30-7:20 (Lonnie Amico MD)

Mixed Rank 7:30-8:20 (Menning Sensei)

Advanced 8:30-9:00 (Menning Sensei)

**Thursday -**

Yoga/Stretching/Breathing/Awareness 5:00-6:00 (Menning Sensei)

Intro/Mixed Rank 6:30-7:20 (Menning Sensei, Andy Volk)

Mixed/Advanced 7:30-8:20 (Menning Sensei)

laido 8:30-9:30 (John McCormack, S. Halfman)

**Friday -**

No classes at this time (if interested, rsvp)

**Saturday -**

Aiki-Tots (with Aikido parent) 9:30-10:00 (Menning Sensei)

Youth/Family Mixed Rank 10:15-11:15 (Menning Sensei)

Youth/Family laido 11:30-12:00 (John McCormack)

**Weekday Mornings -**

No morning classes except by arrangement. Sharon has sent out a survey to find out who is interested in morning classes based on their schedule. Please reply to her email if you are, and include dates if you know when. Thanks!