

January 1 2019

SHISEIKAN CLASS TIMES AND INSTRUCTORS

* CHILDREN'S CLASS ** BUDO KENSHUKA is dedicated to the practice of KENJUTSU and AIKIDO

*** SPECIAL CLASS for LIMITED MEMBERS only.

| | ** BUDO KENSHUKA | INSTRUCTORS | JUDOKA | KENDOKA | KYUDOKA |
|-----------|------------------|---------------------|---------------|---------------|---------------------------------------|
| MONDAY | 06:30-07:30 | AOKI SENSEI | | 06:30-07:30 | 14:00-16:00 |
| | * 17:00-18:00 | AOKI SENSEI | | * 17:00-18:00 | |
| | *** 18:30-20:00 | INABA MEIYO-SHIHAN | | 18:30-20:00 | 18:00-20:00 |
| TUESDAY | 15:00-17:15 | TANAKA MEIYO-KANCHO | * 17:00-18:00 | | |
| | 18:30-20:00 | HORISHITA SENSEI | 17:00-20:00 | | 18:00-20:00 |
| WEDNESDAY | 06:30-07:30 | OKUDA SENSEI | | | |
| | * 17:00-18:00 | SASADA SHIHAN | | * 17:00-18:00 | |
| | 18:30-20:00 | AOKI SENSEI | | 18:30-20:00 | 18:00-20:00 |
| THURSDAY | 15:00-17:15 | TANAKA MEIYO-KANCHO | | | 14:00-16:00 |
| | 18:30-20:00 | UDAGAWA KANCHO | | | |
| | *** 18:30-20:00 | INABA MEIYO-SHIHAN | | | 18:00-20:00 |
| FRIDAY | 06:30-07:30 | SASADA SHIHAN | * 17:00-18:00 | * 17:00-18:00 | |
| | 18:30-20:00 | SASADA SHIHAN | 17:00-20:00 | 18:30-20:00 | 18:00-20:00 |
| SATURDAY | *** 12:30-14:00 | INABA MEIYO-SHIHAN | | * 15:00-16:00 | 14:00-16:00 |
| | * 15:00-16:00 | FUKUTOKU SHIHAN | | | 1st/2nd Saturday of the month only |
| | 16:30-18:00 | FUKUTOKU SHIHAN | | 16:30-18:00 | |
| SUNDAY | 08:30-09:30 | Beginners' Class | | | |
| | * 10:00-11:00 | UDAGAWA KANCHO | | | |
| | 11:30-13:00 | UDAGAWA KANCHO | | | |