

# 2016 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JUDO KIDS</b>	Tiny champs 4pm Kids 1 4:30pm Kids 2 5:20pm	Kids 1+2 4pm Teens 4:50pm	Tiny champs 4pm Kids 1 4:30pm Kids 2 5:20pm	Kids 1 4pm	Tiny champs 4pm Kids 1 4:30pm Kids 2 5:20pm	Kids 1+2 12pm
<b>JUDO ADULTS</b>	All adults 6:30pm Women 7:45pm		Beginners 6:30pm Intermediate 7:30pm Advanced 7:30pm	Open mat 5pm	Beginners 6:30pm Intermediate 7:30pm Advanced 7:30pm	Newaza 1pm
<b>KOKUSHIRYU JUJUTSU</b>		Jujutsu 6:30pm Advanced 7:30pm	Advanced 8pm	Jujutsu 6pm		Jujutsu 11am
<b>AIKIDO</b>		Aikido 6:30pm	Advanced 8pm	Aikido 6pm		Aikido 10am
<b>KARATE</b>	Karate 8:30pm	Karate 5:40pm				Karate 9:20am

**Kokushi Budo Institute** since 1963  
 331 Riverside Drive  
 Between 105<sup>th</sup> and 106<sup>th</sup> st

[www.KokushiBudo.com](http://www.KokushiBudo.com)

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**Private Lessons Available Upon Request**