



# MARTIAL ART CLASS HOURS

Updated: **June 2024**

## MONDAY

- 4:15 pm **Yushin-juku Karate by Sensei Niklas Savitt** (*Beginner Children*)
- 5:00 pm **Yushin-juku Karate by Sensei Niklas Savitt** (Intermediate/Advanced Children & Youth)
- 6:00 pm **Okinawan Karate by Sensei *Meltem Pekin*** (*Adults & Youth*)
- 7:00 pm **Okinawan Kobudo by Sensei *Meltem Pekin*** (*Adults & Youth*)

## TUESDAY

- 4:15 pm **Yushin-juku Karate by Sensei Ruka Shimizu** (*Beginner Children*)
- 5:00 pm **Yushin-juku Karate by Sensei Ruka Shimizu** (Intermediate/Advanced Children & Youth)
- 6:00 pm **Aikido** (*Instructor: Cory White*)
- 7:00 pm **Zen Meditation with Conne Ralls, *Guiding Teacher***

## WEDNESDAY

- 6:00 pm **Shotokan Karate & Kobudo by Kyoshi Lindquist** (*Youth & Adults*)
- 7:00 pm **Shotokan Karate for Beginner/Intermediate by Sensei Daniel Chin**

## THURSDAY

- 5:15 pm **Yushin-juku Karate by Sensei Jeremy Pan** (Beginner/Intermediate/Advanced Children)
- 6:00 pm **Okinawan Karate (Shorin-ryu) by Sensei *Meltem Pekin*** (*Adults & Youth*)
- 7:00 pm **Okinawan Kobudo (weapons) by Sensei *Meltem Pekin*** (*Adults & Youth*)
- 8:00 pm **Yushin-juku Karate by Sensei Eric DeLaurentis** (*Adults & Youth*)

## FRIDAY

## SATURDAY

- 8:30 am **Aikido** (*Instructor: Bruce Mendenhall*)
- 10:00 am **Kyudo** (*Instructor: Stephen Scott*)
- 3:00 pm **Iaido** (*Instructor: Eugene Chang*)
- 4:30 pm **Kendo** (*Instructor: Eugene Chang*)

## SUNDAY

- 10:15 am **Shotokan Karate by Sensei Steve Lucchesi, Satsuma Dojo** (*Children*)
- 11:00 am **Shotokan Karate by Sensei Steve Lucchesi, Satsuma Dojo** (*Youth & Adults*)

**Japanese Art & Cultural Center**

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