



MARTIAL ART CLASS HOURS

Updated: *September 2024*

MONDAY

- 4:15 pm **Yushin-juku Karate by Sensei Jovana** (*Beginner Children*)
5:00 pm **Yushin-juku Karate by Sensei Takuma** (*Intermediate/Advanced Children & 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 for Beginner/Intermediate by Sensei Daniel Chin**
7:00 pm **Shotokan Karate & Kobudo by Kyoshi Lindquist** (*Youth & Adults*)

THURSDAY

- 4:15 pm **Yushin-juku Karate by Sensei Charles** (*Beginner Children*)
5:00 pm **Yushin-juku Karate by Sensei Jeremy** (*Intermediate/Advanced Children & 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*)

Come and watch or take a free trial lesson at any time.

Japanese Art & Cultural Center

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