



# 2024 KANGEIKO - WINTER TRAINING WEEK

## ADULT CLASS SCHEDULE JAN. 22-28

MONDAY, JANUARY 22	TUESDAY, JANUARY 23	WEDNESDAY, JANUARY 24	THURSDAY, JANUARY 25	FRIDAY, JANUARY 26	SATURDAY, JANUARY 27	SUNDAY, JANUARY 28
<b>6:30-7:30 AM</b> ALL-LEVELS Nico Secunda	<b>6:30-7:30 AM</b> ALL-LEVELS Linda Holiday	<b>6:30-7:30 AM</b> ALL-LEVELS Peter Ralls	<b>6:30-7:30 AM</b> ALL-LEVELS Aimen Al-Refai	<b>6:30-7:30 AM</b> ALL-LEVELS TBA	<b>6:30-7:30 AM</b> ALL-LEVELS Glen Kimoto	<b>7:00-8:00 AM</b> Misogi Practice on the Beach Location TBA
<b>12-1:15 PM</b> Aikido Principles Jerilyn Munyon Shawn Murphy	<b>10-11:30 AM</b> ALL-LEVELS Jeanne Sofen	<b>12-1:15 PM</b> Aikido Principles Jerilyn Munyon Shawn Murphy	<b>10-11:30 AM</b> ALL-LEVELS Neil Mick		<b>9-10:15 AM</b> INTRO CLASS Jeff Reed	<b>10:30-NOON</b> ALL AGES CLASS (Adults & Youth) Linda Holiday
<b>6:00-7:30 PM</b> ALL-LEVELS Glen Kimoto & Robert Summers	<b>5:30-7:00 PM</b> ALL-LEVELS Nico Secunda Linda Holiday	<b>6:00-7:15 PM</b> BASICS FOR EVERYONE Linda Holiday	<b>6:00-7:30 PM</b> ALL-LEVELS Dennis Wheeler	<b>6:00-7:30 PM</b> ALL-LEVELS Aikido Weapons Class - Sword Alan Holiday & Linda Holiday	<b>10:30-NOON</b> ALL-LEVELS Linda Holiday	<b>NOON:</b> Kangeiko Completion & Calligraphy Ceremony ...Followed by <b>POTLUCK LUNCH &amp; GIVEAWAY DRAWING!</b> Everyone will be entered to win: the Summer Retreat, Youth Summer Camp, or Kimoto Clock!
	<b>7:00-8:00 PM</b> After-class training	<b>7:30-8:15 PM</b> ADVANCED (BROWN AND BLACK BELTS) Linda Holiday		<b>Note: Kangeiko Weekend Option Fri-Sat-Sunday!</b>	<b>2:30-4:00 PM</b> ALL AGES CLASS (Adults & Youth) TBA	

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