



Zen Living Martial Arts &
Renseikan Dojo
 Karate • Aikido • Jodo

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A division of Zen Living Inc.

2007 Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:15 – 10:15 All Karate	
					10:30 – 11:30 All Aikido	
					11:45 -12:45 All Jodo	
7:00 – 8:00 All Jodo	6:30 - 7:15 Beginner Children Karate	7:00 – 8:00 All Jodo	6:30 - 7:15 Beginner Children Karate			
8:15 – 9:00 Children Aikido	7:30 – 8:30 Advanced Children Karate	8:15 – 9:00 Children Aikido	7:30 – 8:30 Advanced Children Karate			
8:15 – 9:30 Adult Aikido	8:45 – 10:00 Adult Karate	8:15 – 9:30 Adult Aikido	8:45 – 10:00 Adult Karate			

*** Family Classes at Renseikan ***

Interested in helping your children with their martial arts training but at a loss as to how? If you already bring your children to class and watch while they train, we offer an exciting alternative - **parent participation!** Parents can attend the **Family classes** and learn the wonderful art of karate, aikido or jodo with their children. In the Family classes you get the opportunity to train with your children and learn the same martial arts skills. Children love the attention they receive from their active parents, and parents get the opportunity to spend quality time doing a positive, challenging and fun activity with their children. Parents enrolled in Family classes are full adult members of the dojo and may also attend regular adult classes.

