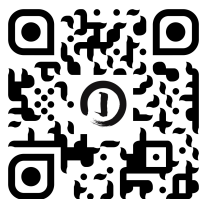




FALL 2026 CLASS SCHEDULE

For latest
schedule visit
bit.ly/1Dsched
(cAse sEnSiTiVe)
or point your
phone camera
below.



MONDAY		
7:00 – 8:30 AM	ADULT AIKIDO ALL-LEVELS Aikikai ASU	Evolene Premillieu
9:00 – 10:25 AM	HATHA YOGA	Victoria Guidi
12:00 – 12:40 PM	JAPANESE YOGA / KI DEVELOPMENT CLASS	Sarah Quenon
12:00 – 1:15 PM	ADULT KI AIKIDO All-Levels Lunch Roll	Sarah Quenon
4:00 – 4:55 PM	NIA DANCE FITNESS	Lisa Baba
5:00 – 5:55 PM	TWEENS AGES 8-12 KI AIKIDO FUNDAMENTALS	Mikhail Skurla
5:00 – 5:55 PM	TWEENS AGES 9-12 KI AIKIDO INTERMEDIATE	Abel Villacorta
6:00 – 7:25 PM	JAPANESE YOGA / KI DEVELOPMENT CLASS	Eric Neeb
6:00 – 7:25 PM	ADULT & TEENS KI AIKIDO ALL-LEVELS AGES 13+	Eric Neeb
7:30 – 8:30 PM	TEENS KI AIKIDO INTERMEDIATE-ADVANCED	Abel Villacorta
7:30 – 8:30 PM	ADULT INTERMEDIATE+ KI AIKIDO	Abel Villacorta
TUESDAY		
7:50 – 8:50 AM	TAI CHI for MARTIAL ARTS	Michael Detweiler
9:00 – 10:15 AM	GUIDED TAI CHI	Michael Detweiler
10:30 – 11:30 AM	SAFE FALLS FOR ACTIVE ADULTS	Sarah Quenon
4:00 – 4:55 PM	TIGERS AGES 5-8 KI AIKIDO FUNDAMENTALS	Devin Hughes
4:00 – 4:55 PM	TWEENS AGES 8-12 KI AIKIDO FUNDAMENTALS	Abel Villacorta
5:00 – 5:55 PM	ADULT & TEENS AIKIDO FUNDAMENTALS Aikikai TSJ	James Renwick
6:00 – 7:15 PM	ADULT & TEENS AIKIDO ALL-LEVELS Aikikai TSJ	Kei Izawa
7:30 – 9:00 PM	JAPANESE SWORD & JIUJITSU	Stuart Carpey
WEDNESDAY		
7:00 – 8:30 AM	ADULT AIKIDO ALL-LEVELS Aikikai ASU	Evolene Premillieu
9:00 – 10:25 AM	HATHA YOGA	Victoria Guidi
12:00 – 12:40 PM	JAPANESE YOGA / KI DEVELOPMENT CLASS	Sarah Quenon
12:00 – 1:15 PM	ADULT KI AIKIDO All-Levels Lunch Roll	Sarah Quenon
4:00 – 4:55 PM	TIGERS AGES 5-8 KI AIKIDO FUNDAMENTALS	Abel Villacorta
5:00 – 5:55 PM	TWEENS AGES 8-12 KI AIKIDO FUNDAMENTALS	Abel Villacorta
5:00 – 5:55 PM	TWEENS AGES 9-12 KI AIKIDO INTERMEDIATE	Abel Villacorta
6:00 – 7:25 PM	JAPANESE YOGA / KI DEVELOPMENT CLASS	Abel Villacorta
6:00 – 7:25 PM	ADULT & TEENS KI AIKIDO ALL-LEVELS AGES 13+	Abel Villacorta
7:30 – 8:30 PM	TEENS KI AIKIDO INTERMEDIATE-ADVANCED	Abel Villacorta
7:30 – 8:30 PM	ADULT INTERMEDIATE+ KI AIKIDO	Abel Villacorta
THURSDAY		
7:50 – 8:50 AM	TAI CHI for MARTIAL ARTS	Michael Detweiler
9:00 – 10:15 AM	GUIDED TAI CHI	Michael Detweiler
4:00 – 4:55 PM	TWEENS AGES 8-12 KI AIKIDO FUNDAMENTALS	Zach Vanderkooy
5:00 – 5:55 PM	TWEENS AGES 9-12 KI AIKIDO INTERMEDIATE	Abel Villacorta
5:00 – 5:55 PM	ADULT & TEENS AIKIDO FUNDAMENTALS Aikikai TSJ	Tim Cunningham
6:00 – 7:15 PM	ADULT & TEENS AIKIDO ALL-LEVELS Aikikai TSJ	Kei Izawa
7:30 – 9:00 PM	IAIDO TANSHINJUKU	Kent Krumvieda
FRIDAY		
7:00 – 8:30 AM	ADULT AIKIDO WEAPONS Aikikai ASU	Evolene Premillieu
9:00 – 10:25 AM	HATHA YOGA	Victoria Guidi
12:00 – 1:15 PM	ADULT BLACK BELT KI AIKIDO	Abel Villacorta
4:15 – 5:45 PM	OKINAWAN KARATE	Stephen Gombosi
6:00 – 8:00 PM	ADULT AIKIDO ALL-LEVELS Aikikai ASU	Evolene Premillieu
SATURDAY		
7:00 – 8:30 AM	IAIDO TANSHINJUKU	Kent Krumvieda
9:00 – 9:55 AM	TIGERS AGES 5-8 KI AIKIDO FUNDAMENTALS	Abel Villacorta
9:00 – 9:55 AM	TWEENS AGES 8-12 KI AIKIDO FUNDAMENTALS	Abel Villacorta
10:00 – 10:55 AM	TWEENS AGES 9-12 KI AIKIDO INTERMEDIATE	Abel Villacorta
10:00 – 10:55 AM	ADULT & TEENS KI AIKIDO ALL-LEVELS AGES 13+	Abel Villacorta
11:00 – 11:55 AM	ADULT INTERMEDIATE+ KI AIKIDO	Abel Villacorta
11:00 – 11:55 AM	TEENS KI AIKIDO INTERMEDIATE-ADVANCED	Abel Villacorta
11:00 – 11:55 AM	YOUNG ADULT WEAPONS 2 BY INVITATION ONLY	Randy Thompson
12:15 – 1:30 PM	JUJUTSU 'TWEENS & TEENS	Felicia Cain
SUNDAY		
10:30 AM – 12:30 PM	JAPANESE SWORD & JIUJITSU	Stuart Carpey
2:00 – 4:00 PM	OKINAWAN KARATE	Stephen Gombosi