



# HENDERSON

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# AIKIDO & YOGA®

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Solace 8:30 - 9:30am						Hatha Yoga 8:30 - 9:30am
						Children's Aikido 9:45-10:15am
		Aikido 12-1pm		Aikido 12-1pm		Aikido 10:30-11:30am
	Children's Aikido 5:10-5:55pm	Children's Aikido 5:10-5:55pm	Children's Aikido 5:10-5:55pm	Children's Aikido 5:10-5:55pm		Restorative Yoga** 4-6pm
	Aikido 6-7 pm	Aikido 6-7 pm	Weapons 6-7 pm	Aikido 6-7 pm	Aikido 6-7 pm	
	Aikido/ Weapons 7-8pm	Recovery Yoga 7:15-8:15pm	Aikido 7-8pm	Yin Yoga 7:15-8:15pm	Vinyasa Flow 7:15-8:15pm	
	Open Mat 8-8:45		Open Mat 8-8:45			

\*Classes are subject to holiday and/or other closures. \*\*3rd Saturday of each month only.