

Henderson Aikido & Yoga

237 N. Stephanie St., Ste. D

Henderson, NV 89074 702-719-1177

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Henderson Aikido Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Morning Stretch 8:30-9:30am		Yoga Basics 8:30-9:30am		Hatha Yoga 8:30 - 9:30am
					Kids Aikido 9:45-10:15am
					Aikido 10:30-11:30am
	Aikido 12-1pm		Aikido 12-1pm		
Kids Aikido 5:10-5:55pm	Kids Aikido 5:10-5:55pm	Kids Aikido 5:10-5:55pm	Kids Aikido 5:10-5:55pm		
Aikido 6-7 pm	Aikido 6-7 pm	Weapons 6-7 pm	Aikido 6-7 pm	Aikido 6-7 pm	Restorative Yoga** 4-6pm
Open Mat 7-8pm	Yin Yoga 7:15-8:15pm	Open Mat 7-8pm	Recovery Yoga 7:15-8:15pm	Vinyasa Flow 7:15-8:15pm	

*Classes are subject to holiday and/or other closures.

**2nd Saturday of each month only.