



# Yoku Ido

Class Schedule

[waterloomartialarts.com](http://waterloomartialarts.com)

[waterloomartialarts@rogers.com](mailto:waterloomartialarts@rogers.com)

519-888-6624



	Sept. 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Childrens Classes</b>	5-10 Years Old		5 – 6pm		5 – 6pm			
	Weapons 5-10		4 – 5pm					
	11 and up	5 – 6pm		5 – 6pm				
	Weapons 11+			4 – 5pm				
<b>Adult Classes</b>	Black Belts		6:15 - 7:30		6:15 - 7:30	6 - 7:30 Every other Fri.		12 – 1 pm
	Kyu Belts	6:15-7:15		6:15-7:15				
	All Belts Lunch					12 - 1 pm		
	Fitness Class	7:15pm						
	Weapons		7:30					
	Tai Chi				12pm 7:30pm			

**Take Time Every Day and Be Still,  
Find and Follow Your Preference**