

Yoku Ido

Class Schedule

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	Fall 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childrens Classes	5-9 Years Old		5 – 6pm		5 – 6pm			
	Weapons 5-9		4 – 5pm					
	10 and up	5 – 6pm		5 – 6pm				
	Weapons 10+			4 – 5pm				
Adult Classes	Black Belts		6:15 - 7:30		6:15 - 7:30	6 - 7:30 Every other Fri.		
	Kyu Belts	6:15-7:15		6:15-7:15		6 - 7:30 Every other Fri.		
	All Belts					12 - 1 pm		12 – 1 pm
	Kyu Weapons	7:15						
	Black Belt Weapons		7:30					
	Tai Chi			12pm 7:30pm				

"Nature is never unbalanced. Equilibrium is not stillness—it is movement in harmony with the present."