

Aiki-Centre | Training Timetable

Effective from Oct 4th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30am BOXING Fitness Duration 1hr		6.30am BOXING Fitness Duration 1hr			
						AIKIDO & KOBUDO Training SEMINARS & other special weekend training events. (As scheduled)
Also available Personal Training - Boxing for Fitness & Self Defence					10.00 AM AIKIDO Adults Duration 1.5 hr Aiki-Teens Duration 1 hr	
					12.00 PM KOBUDO Weapon Arts Practice Session Duration 1hr	
6.00 PM AIKIDO Adults Duration 1.5 hr Aiki-Teens Duration 1 hr		6.00 PM BOXING Fitness - Duration 1hr.				
	7.30 PM AIKIDO Adults Duration 1.5hr.	7.00 PM SELF DEFENCE & Cyber Safety Short Course Refer to course info for dates 1hr. 30mins	7.30 PM AIKIDO Adults Duration 1.5hr.			
		7.00 PM KOBUDO Weapon Arts Practice Session Duration 1hr.				

If Aiki-Centre is **closed** you are welcome to visit during session times and watch a class. Visit www.aikicentre.com.au for more information, phone or email us if you have any questions.