



HONBU Summer 2022

Peewee ages 4-6, Junior ages 7 Youth ages 10-12

Teens ages 12-16. Can also take adult classes. Contact for info.

White belt (beginner students) Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
[OPEN AT 11:45AM]	[OPEN AT 7:15AM]	[OPEN AT 9:45AM]	[OPEN AT 7:15AM]	[OPEN AT 9:30AM]	[OPEN AT 9:45AM]	[OPEN AT 9:30AM]
	7:30AM - 8:25AM COLOR BELTS SENPAI JENN	10:00AM-11:30AM OPEN FLOOR	7:30AM - 8:25AM COLOR BELTS SENPAI JENN	10:00AM-10:50AM BLACK BELT KAICHO 11:00AM-11:50AM MEDITATION KAICHO		9:45AM - 10:35AM JUNIOR/YOUTH SENSEI GAY & KYOSHI LUIS
12:15PM-1:10PM COLOR BELTS KYOSHI KAORU		12:15PM-1:10PM COLOR BELTS NIDAIME	12:15PM-1:00PM KATA (BLUE BELT AND UP) JUN SHIHAN GREG	12:00PM-12:45PM KATA (BLUE BELT AND UP) NIDAIME	10:00AM - 10:50AM ALL KIDS (ALL AGES) KYOSHII SIMON	10:40AM - 11:30AM ADV. GREEN & UP JUNIOR/YOUTH SENSEI GAY & KYOSHI LUIS
12:15PM-1:10PM WHITE BELTS JUN SHIHAN GREG				12:00PM-12:55PM WHITE BELT KYOSHI SUSIE		10:40AM - 11:30PM WHITE BELTS SENSEI DEREK
1:15PM-1:45PM TRIAL CLASS JUN SHIHAN GREG		1:15PM-2:10PM BLACK BELTS NIDAIME	1:00PM-1:45PM KUMITE (GREEN AND UP) JUN SHIHAN GREG	1:00PM-1:50PM YOGA KYOSHI SUSIE	11:00AM - 11:30AM KIDS KUMITE (GREEN AND UP) KYOSHI SIMON	11:35AM - 12:25PM COLOR BELTS SEI SHIHAN DAVID
3:30PM-4:00PM PEEWEE (& TRIAL) JUN SHIHAN GREG			3:30PM-4:00PM PEEWEE JUN SHIHAN GREG	3:30PM-4:00PM PEEWEE (& TRIAL) KYOSHI SIMON	11:40AM - 12:25PM TEENS (& TRIAL) KYOSHI SIMON	12:30PM - 1:15PM KATA (BLUE BELT AND UP) SEI SHIHAN DAVID
4:00PM-4:20PM ALL KIDS MEDITATION JUN SHIHAN GREG		4:00PM-4:45PM JUNIOR/YOUTH KYOSHI SIMON	4:00PM-4:50PM JUNIOR/YOUTH JUN SHIHAN GREG	4:00PM-4:20PM ALL KIDS MEDITATION KYOSHI SIMON	12:35PM-1:30PM COLOR BELTS KYOSHI SIMON	[CLOSE AT 1:30PM]
4:30PM-5:15PM JUNIOR/YOUTH (& TRIAL) JUN SHIHAN GREG KYOSHI KAORU		4:45PM-5:30PM TEENS (& TRIAL) KYOSHI SIMON		4:30PM-5:15PM JUNIOR/YOUTH (& TRIAL) KYOSHI SIMON	1:35PM-2:20PM KUMITE (GREEN AND UP) KYOSHI SIMON	
5:45PM-6:40PM COLOR BELTS KYOSHI KAORU	5:45PM-6:40PM GREEN BELTS AND UP NIDAIME	5:45PM-6:40PM COLOR BELTS NIDAIME	5:45PM-6:40PM BLUE/YELLOW BELTS KYOSHI NELSON	6:00PM-6:55PM COLOR BELTS KYOSHI SIMON	[CLOSE AT 2:30PM]	
	5:45PM-6:40PM ENDURANCE KYOSHI SIMON					
5:45PM-6:40PM WHITE BELTS SENSEI MICHAEL	5:45PM-6:40PM WHITE BELTS KYOSHI SUSIE	5:45PM-6:40PM WHITE BELTS KYOSHI SIMON	5:45PM-6:40PM GREEN BELTS + SENSEI DEREK			
6:45PM-7:35PM KUMITE 101 (yellow belts and up) KYOSHI KAORU	6:45PM - 7:30PM WEAPONS NIDAIME	6:45PM-7:30PM KATA CLASS NIDAIME	6:45PM-7:30PM KUMITE (Green belt and up) SENSEI MAURA	7:00PM-7:45PM PAD WORK KYOSHI SIMON		
6:45PM-7:40PM WHITE BELTS SENPAI NAKO		6:45PM-7:30PM WHITE BELTS KYOSHI HORACE	6:45PM-7:15PM TRIAL/REINTRO CLASS KYOSHI NELSON			
		7:30PM-8:00PM MEDITATION NIDAIME				
[CLOSE AT 7:45PM]	[CLOSE AT 7:45PM]	[CLOSE AT 8:00PM]	[CLOSE AT 7:45PM]	[CLOSE AT 7:45PM]		

Please note that we have Open Floor for Heavy bag workouts, weights and floor practice
To sign up and receive schedule please email info@seido.com