

Itten Dojo Class Schedule — May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ono-ha Itto-ryu Kenjutsu 6:30 – 8:00 pm Yamate-ryu Aikijutsu (Beginners' Focus) 7:30 – 8:30 pm	2 Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	3 Open Mat <i>(By Appointment Only)</i> 6:00 – 7:30 pm	4 Ono-ha Itto-ryu Kenjutsu 8:30 – 10:00 am Yamate-ryu Aikijutsu 10:00 – 11:00 am Itto Tenshin-ryu Kenjutsu 11:00 am – 12:30 pm
5	6 Open Mat 6:00 – 6:30 pm Itto Tenshin-ryu Kenjutsu 6:30 – 8:00 pm	7 Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	8 Ono-ha Itto-ryu Kenjutsu 6:30 – 8:00 pm Yamate-ryu Aikijutsu (Beginners' Focus) 7:30 – 8:30 pm	9 Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	10 Open Mat <i>(By Appointment Only)</i> 6:00 – 7:30 pm	11 Ono-ha Itto-ryu Kenjutsu 8:30 – 10:00 am Yamate-ryu Aikijutsu 10:00 – 11:00 am Itto Tenshin-ryu Kenjutsu 11:00 am – 12:30 pm
12 <i>Mother's Day</i>	13 Open Mat 6:00 – 6:30 pm Itto Tenshin-ryu Kenjutsu 6:30 – 8:00 pm	14 <i>Emela P. B-day</i> Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm <i>(Aikiken / Aikijo)</i>	15 Ono-ha Itto-ryu Kenjutsu 6:30 – 8:00 pm Yamate-ryu Aikijutsu (Beginners' Focus) 7:30 – 8:30 pm	16 Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	17 Open Mat <i>(By Appointment Only)</i> 6:00 – 7:30 pm	18 Ono-ha Itto-ryu Kenjutsu 8:30 – 10:00 am Yamate-ryu Aikijutsu 10:00 – 11:00 am Itto Tenshin-ryu Kenjutsu 11:00 am – 12:30 pm
19	20 Open Mat 6:00 – 6:30 pm Itto Tenshin-ryu Kenjutsu 6:30 – 8:00 pm	21 Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	22 Ono-ha Itto-ryu Kenjutsu 6:30 – 8:00 pm Yamate-ryu Aikijutsu (Beginners' Focus) 7:30 – 8:30 pm	23 <i>Michael N. B-day</i> Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	24 Open Mat <i>(By Appointment Only)</i> 6:00 – 7:30 pm	25 Ono-ha Itto-ryu Kenjutsu 8:30 – 10:00 am Yamate-ryu Aikijutsu 10:00 – 11:00 am Itto Tenshin-ryu Kenjutsu 11:00 am – 12:30 pm
26	<div style="border: 1px solid black; border-radius: 10px; padding: 5px; text-align: center;"> 27 Memorial Day – Itten Dojo Closed – </div>	28 Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	29 Ono-ha Itto-ryu Kenjutsu 6:30 – 8:00 pm Yamate-ryu Aikijutsu (Beginners' Focus) 7:30 – 8:30 pm	30 Open Mat 6:00 – 7:00 pm Yamate-ryu Aikijutsu 7:00 – 8:30 pm	31 <i>Matthew S. B-day</i> Open Mat <i>(By Appointment Only)</i> 6:00 – 7:30 pm	

Planning News and Notes:

- To schedule training during a Friday open mat session, please speak with Mr. Butz.
- June 6 – August 29 — Summer yoga classes with Bobbi Misti, of BeFit Body/Mind. Tuesdays and Thursdays from 4:30 to 7:00 pm. Fees and registration details can be found at <https://befitbodymind.org/yoga/online-class-registration/>.
- June 12 – TBD — Summer wellness workshops (various Wednesdays) with Bobbi Misti, of BeFit Body/Mind. Fees and details can be found at the website listed above.