

## Okinawa Aikikai Aikido Class

MON & WED: 5:00-6:30 PM SAT: 9:00-10:00 AM

## **BARBER PHYSICAL ACTIVITY CENTER**

Come join us for traditional Aikido that is taught with an emphasis on technique and practical application.

All ranges of experience are encouraged. No gi or equipment is required to participate. Full contact class. Stop by and meet the instructor and try a few classes before registering at the front desk of the gym.

For more information, call 703.784.2339



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