

SEIDO WESTCHESTER WEEKLY SCHEDULE: IN-PERSON CLASSES

Updated: March 14, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:30am-10:15am Pee Wees/Juniors <u>Senpai Carl</u> <u>Sensei Michael</u>	<u>CLOSED</u>
					10:30am-11:30am Youth <u>Senpai Carl</u> <u>Sensei Michael</u>	
					11:45am - 12:45pm All Adults <u>Senpai Carl</u> <u>Sensei Michael</u>	
12:00pm-1:00pm Color Belts (Live Feed) <u>Nidaime</u>	12:30pm-1:30pm All Belts <u>Senpai Nadav</u>		12:30pm-1:30pm All Belts (Live Feed) <u>Senpai Nadav</u>			
1:00pm-2:00pm Black Belts (Live Feed) <u>Nidaime</u>						
4:15pm-4:45pm Trial Class	4:30pm-5:15pm PeeWees/Juniors <u>Senpai Nadav</u>	4:30pm-5:15pm Jr Adv Blue+ Kata <u>Sensei Michael</u>	4:30pm-5:15pm PeeWees/Juniors <u>Nidaime</u>			
5:00pm-5:45pm Junior/Youth Adv White-Adv Yellow <u>Senpai Nadav</u>	<u>Senpai Meg</u> 5:30pm-6:30pm Youth	5:15pm-6:00pm Youth Blue+ Kata <u>Sensei Michael</u>	<u>Sensei Ed</u> <u>Senpai Meg</u> 5:20pm-6:20pm Youth	5:30pm-6:15pm Junior/Youth <u>Sensei Ed</u>		
5:50pm-6:35pm Youth/Teens Green & Above <u>Senpai Nadav</u>	<u>Senpai Nadav</u> <u>Senpai Carl</u> 6:30pm-7:15pm Kata (Yellow Belt+) <u>Senpai Nadav</u>	6:00pm-7:00pm All Belts <u>Sensei Ed</u> <u>Sensei Michael</u> 7:00pm-7:45pm Stretching <u>Sensei Ed</u>	<u>Nidaime</u> <u>Sensei Ed</u> 6:30pm-7:15pm Junior/Youth Kumite (Green+) <u>Sensei Ed</u> 6:30pm-7:15pm Color Belts <u>Nidaime</u>		6:30pm-7:30pm All Adults <u>Kaicho</u> 7:30-8:15pm Kumite or Meditation** <u>Kaicho</u>	
6:45pm-7:30pm Kumite (Green Belt+) <u>Senpai Nadav</u>		7:45pm-8:30pm Kumite (Green+)* <u>Sensei Ed</u>	7:15pm-7:45pm Black Belts <u>Nidaime</u>		(Meditation is only on the last Friday of the month. Kumite is offered all other Fridays.)	
7:30pm-8:15pm Kata (Yellow Belt+) <u>Senpai Nadav</u>						

 Kid's Classes

 Adult Classes

(Live Feed) = These Adult Classes are in-person; however, we will set up a camera to live stream the class on our Seido Mobile Dojo (private Facebook group page).

*Kumite Class is for Green Belts and Above. This class will start with more basic kumite drills and build up to kumite with a partner. Participation is required for all Green Belts+ in order to test for promotion.

**Meditation Class is once a month, on the *last* Friday of the month. Meditation Class will continue to be taught by Kaicho. All other Fridays will have a 7:30pm Kumite Class for Green Belt+ students following the 6:30pm Class.

Note: ONLINE REGISTRATION IS MANDATORY FOR ALL IN-PERSON CLASSES. It allows both you and the staff to keep track of your/your child(ren)'s attendance. Osu.