

# GVJCI WEEKLY CLASSES

Please contact the GVJCI office for class updates, location and information: (310) 324-6611

## Monday

- 9:45am-10:45am Physical Fitness for Seniors **TNN**  
10:00am-12:00pm Meito Calligraphy (once a month)  
11:00am-11:30am Japanese Lunch Box Bento  
11:00am-12:00pm Gentle Yoga **TNN**  
12:30pm-1:30pm Bingo **TNN**  
1:00pm-2:00pm Beginners Line Dancing with Terri **TNN**  
2:00pm-3:15pm Intermediate Line Dancing with Terri **TNN**  
2:00pm-3:00pm Qi Gong **TNN**  
5:15pm-8:00pm Shotokan Karate  
6:00pm-8:00pm Hawaiian Music & Language Class  
6:30pm-9:30pm Gardena Judo Club  
6:40pm-7:40pm Japanese Conversation - Beginners  
7:00pm-9:00pm Halau Ke Ala O Na Lei Milo  
7:45pm-8:45pm Japanese Conversation - Intermediate

## Tuesday

- 9:00am-11:30am Creative Stitchery **TNN**  
9:00am-11:00am Senior Hula Class **TNN**  
9:00am-11:20am Foot Problems (3rd week only) **TNN**  
9:00am-2:00pm Oil Painting Class **TNN**  
11:15am-12:15pm Beginning Hula **TNN**  
12:30pm-1:30pm Stretching for Seniors **TNN**  
12:30pm-1:30pm Japanese Ukulele **TNN**  
2:00pm-3:00pm Move & Groove Low Impact Aerobics **TNN**  
7:30pm-9:30pm Gardena Naginata Dojo

## Wednesday

- 9:45am-10:45am Physical Fitness for Seniors **TNN**  
11:00am-11:30am Japanese Lunch Box Bento  
11:00am-12:10pm Gentle Yoga with Chairs **TNN**  
12:15pm-1:00pm Move, Dance & Groove **TNN**  
12:30pm-1:30pm Bingo **TNN**  
1:30pm-2:30pm Tai Chi for Seniors **TNN**  
1:30pm-3:00pm Sumie Japanese Ink Painting **TNN**  
1:30pm-4:00pm Japanese Karaoke **TNN**  
3:00pm-5:00pm MAC System Math & English  
7:00pm-8:00pm Kokoro Yoga  
7:30pm-10:00pm Gardena Kendo Club

## Thursday

- 9:45am-10:45am Physical Fitness for Older Adults **TNN**  
10:00am-11:00am Meditation and More (1st of the month) **TNN**  
10:30am-12:30pm Donation Reiki Clinic (last of the month)  
10:30am-12:30pm Hoomaka Ana - Basic Beginner Hula **TNN**  
11:00am-12:00pm Mind Bender **TNN**  
12:00pm-1:00pm Basic Beginner Line Dance with Jean **TNN**  
12:00pm-1:00pm Basic Beginner Ukulele with Chika **TNN**  
1:00pm-2:00pm Beginner Line Dance with Jean **TNN**  
1:00pm-2:00pm Beginning Ukulele with Chika **TNN**  
2:00pm-3:30pm Intermediate Ukulele with Chika **TNN**  
3:30pm-5:30pm MAC System Math & English  
6:00pm-8:00pm Mel's Ukulele Picking Class  
6:30pm-9:30pm Gardena Judo Club  
7:00pm-9:00pm Tanoshii Tanka (3rd Thursday only)

## Friday

- 9:45am-10:45am Physical Fitness for Older Adults **TNN**  
10:00am-6:00pm Bando Hidesomi  
11:00am-12:00pm Fumanet **TNN**  
11:00am-12:15pm Gentle Yoga with Chairs **TNN**  
1:00pm-2:45pm Ballroom Dancing **TNN**  
4:00pm-5:30pm Gardena Judo Club Self Defense Class  
7:00pm-9:00pm Gardena JCI Kendo Dojo  
7:30pm-9:30pm Shorinji Kempo South Bay Branch

## Saturday

- 8:00am-11:00am Gardena Kendo Club  
9:00am-12:35pm Japanese Language School—Children  
9:15am-10:45am Japanese Language School—Adult Beginner  
11:00am-12:30pm Japanese Language School—Adult Interm.  
2:00pm-6:00pm Saga Art Center for Children

## Sunday

- 10:00am-12:00pm Meito Calligraphy (once a month)  
12:30pm-5:00pm Kyudo  
12:00pm-1:00pm Yuujou Daiko—Beginner Basics  
1:00pm-2:00pm Yuujou Daiko—Beginner  
2:00pm-3:00pm Yuujou Daiko—Intermediate  
3:00pm-4:00pm Yuujou Daiko—Advanced  
6:00pm-8:00pm Meito Calligraphy (once a month)

**TNN** Signifies a Tomo No Kai program  
Call GVJCI Office for Schedule



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