

GVJCI WEEKLY CLASSES

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

Monday

9:00am-11:20am	Card Games TMM
9:45am-10:45am	Physical Fitness for Seniors TMM
10:00am-12:00pm	Meito Calligraphy (once a month)
11:00am-11:30am	Japanese Lunch Box Bento
11:00am-12:00pm	Gentle Yoga TMM
12:30pm-1:30pm	Bingo TMM
1:00pm-2:00pm	Beginners Line Dancing with Terri TMM
2:00pm-3:15pm	Intermediate Line Dancing with Terri TMM
2:00pm-3:00pm	Qi Gong TMM
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 TMM
9:00am-11:00am	Senior Hula Class TMM
9:00am-11:20am	Foot Problems (3rd week only) TMM
9:00am-2:00pm	Oil Painting Class TMM
11:00am-11:30am	Japanese Lunch Box Bento
11:15am-12:15pm	Beginning Hula TMM
12:30pm-1:30pm	Stretching for Seniors TMM
12:30pm-1:30pm	Japanese Ukulele TMM
2:00pm-3:00pm	Move & Groove Low Impact Aerobics TMM
7:30pm-9:30pm	Gardena Naginata Dojo

Wednesday

9:00am-11:20am	Card Games TMM
9:45am-10:45am	Physical Fitness for Seniors TMM
11:00am-11:30am	Japanese Lunch Box Bento
11:00am-12:10pm	Gentle Yoga with Chairs TMM
12:15pm-1:00pm	Move, Dance & Groove TMM
12:30pm-1:30pm	Bingo TMM
1:30pm-2:30pm	Tai Chi for Seniors TMM
1:30pm-3:00pm	Sumie Japanese Ink Painting TMM
1:30pm-4:00pm	Japanese Karaoke TMM
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 TMM
10:00am-11:00am	Meditation and More (1st of the month) TMM
10:30am-12:30pm	Donation Reiki Clinic (last of the month)
10:30am-12:30pm	Hoomaka Ana - Basic Beginner Hula TMM
11:00am-11:30am	Japanese Lunch Box Bento
11:00am-12:00pm	Mind Bender TMM
12:00pm-1:00pm	Basic Beginner Line Dance with Jean TMM
12:00pm-1:00pm	Basic Beginner Ukulele with Chika TMM
1:00pm-2:00pm	Beginner Line Dance with Jean TMM
1:00pm-2:00pm	Beginning Ukulele with Chika TMM
2:00pm-3:30pm	Intermediate Ukulele with Chika TMM
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 TMM
10:00am-6:00pm	Bando Hidesomi
11:00am-12:00pm	Fumanet TMM
11:00am-11:30am	Japanese Lunch Box Bento
11:00am-12:15pm	Gentle Yoga with Chairs TMM
1:00pm-2:45pm	Ballroom Dancing TMM
1:30pm-2:30pm	Tai Chi for Seniors TMM
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	Yuujuu Daiko—Beginner Basics
1:00pm-2:00pm	Yuujuu Daiko—Beginner
2:00pm-3:00pm	Yuujuu Daiko—Intermediate
3:00pm-4:00pm	Yuujuu Daiko—Advanced
6:00pm-8:00pm	Meito Calligraphy (once a month)

TMM Signifies a Tomo No Kai program
Call GVJCI Office for Schedule



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