

Seminar with Shimizu Sensei, Founder Tendoryu Aikido, Herzogenhorn 2013							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00			06:30 - 07:15 Training with Waka Sensei		06:30 - 07:15 Training with Waka Sensei		
07:00							
08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00							Departure
10:00		10:00 - 11:30 Training	10:00 - 11:30 Training	10:00 - 11:30 Training	10:00 - 11:30 Training	10:00 - 11:30 Training	
11:00							
12:00							
13:00							
14:00							
15:00							
16:00		16:00 - 17:30 Training	16:00 - 17:30 Training		16:00 - 17:30 Training	16:00 - 17:30 Training	
17:00	Arrival						
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
19:00			Sauna		Sauna		
20:00							