

3-8 OF APRIL 2023

A Week with Sonja and Peter



Vanadis Aikido is so happy that we can invite you to a whole week together with Sonja Sauer, 4 dan och Peter Menke, 5 dan from Aikido Im Hof, Duisburg. The two of them will hold Vanadis scheduled classes during the week and we will end with a one-day seminar on Saturday.

Schedule for the week, all classes are free:

Monday 18.00-19.00 beginners class • 19.00-20.00 mixed class
Tuesday 08.00-09.00 mixed class
Wednesday 18.20-19.10 bokken class • 19.15-20.30 advanced class
Thursday 08.00-09.00 mixed class
Friday 08.00-09.00 mixed class • 18.00-19.00 beginners class • 19.00-20.00 mixed class

One-day seminar Saturday:

Time: 11.00-13.00 • 15.00-17.00
Price: 400 SEK (40€)

VANADIS AIKIDO

T-bana: Odenplan • Västmannagatan 59 • www.vanadis-aikido.se

