

Classes, times and costs

Day/Venue	Class	Times	Sensei
Saturday BSAD	Juniors (4-10yrs)	09.30 – 10.30	Nigel Davies
	Young people (10-16yrs)	10.45 – 12.00	
	Adults	10.45 – 12.00	Daren Sims
Monday BSAD	Adults	19.30 – 21.00	Nigel Davies
Monday BNAD	Juniors (4-10yrs)	17.30 – 18.30	Daren Sims
	Young people (10-16yrs)	18.30 – 19.45	
	Adults	20.00 – 21.45	
Tuesday BSAD	Juniors (4-10yrs)	17.30 – 18.30	Daren Sims
	Young people (10-16yrs)	18.30 – 19.45	
	Adults	20.00 – 21.45	
Wednesday BNAD	Juniors (4-10yrs)	17.30 – 18.30	Daren Sims
	Young people (10-16yrs)	18.30 – 19.45	
	Adults	20.00 – 21.45	Leighton Felson
Thursday BSAD	Bodywork	19.30 – 21.00	Rich Hobbs
Friday BSAD	Weapons	19.30 – 21.00	Stuart Turner

Prices	Standard	Student/Unwaged	Under 18s
Per class	£6.00	£4.00	£3.50
Standing Order Unlimited classes*	£40.00	£28.00	£16.00**
Standing Order Two classes per week	£35.00	£25.00	n/a
Standing Order Bronze One class per week	£20.00	£15.00	n/a

*Does not include weekend courses or other special events

**£13.50 for unlimited classes in one dojo only

National Aikido Federation membership – which includes BAB insurance, a legal requirement for training – costs £22 each year. **You will need to pay for insurance (or at least fill in the membership/insurance form) before you can train.** Membership allows you to train at any NAF dojo, including Bristol North and Bristol South.