

FALL-WINTER-SPRING 2025-26



Fall/Winter timetable resumes Tuesday, Sept. 16, 2025

Peewee and Children's judo will resume Tuesday, Sept. 16, 2025 and end Sat. June 13, 2026.

No Children's classes during Winter Holidays, March Break (2nd Saturday no class), Summer Holidays (basically following OCSB)

Special events may cause changes. Check with your sensei.

Contact us: takahashidojo1969@gmail.com or 613-884-3450

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	
9AM															09h00
10AM									9:30 Drawing Club 12:30		9:30 iaido 11:00			9:00 judo competition conditioning 11:00	10h00
11AM											10:15 Peewee Judo 11:00		10:00 kendo 11:30		11h00
12NOON								12:00 Judo KATA 1:30			11:00 YOSAKOI KIZUNA 12:30		11:00 Children's Judo 12:00	11:30 aikido 12:45	12h00
1PM			1:00 Minyo dance 2:00									12:00 judo youth adults technical 1:30	11:30 Ottawa Go club 3:00		13h00
2:00 PM	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		14h00
3PM											2:00 Minyo 3:00				15h00
4PM												3:30 aikido 4:45			16h00
5PM															17h00
6PM	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		18h00
7PM	5:30 Shitoryu Karate all ages 6:30	6:00-6:45 Judo Kata Children Youth	6:00 Cardio- kickboxing 7:00	6:00 Children's Judo 7:00	5:30 Shitoryu Karate all ages 6:30	6:30 aikido 7:45	6:00 Cardio- kickboxing 7:00	6:00 Children's Judo 7:00	6:00 Kenjutsu 8:30	6:30 aikido 7:45					19h00
8PM	7:00 kendo 8:30	7:00-8:00 Judo kata Adults	7:00 karate adult (shotokan) 8:00	7:00 Youth Judo 8:00	7:00 kendo 8:30	8:00 judo COMPETITION randori 9:30	7:00 karate adult (shotokan) 8:00	7:00 Youth Judo 8:00							20h00
9PM		8:00 judo COMPETITION training 9:30	8:00 Kenjutsu 9:30	8:00 judo adults 9:30				8:00 judo adults 9:30							21h00
10PM															22h00
	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	1st floor	2nd floor	
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		

2025-2026
Fall-Winter-Spring
TIMETABLE

Takahashi Dojo 5 Melrose Avenue since 1969