

# Four-week introduction aikido class - just \$40!



## Capitol Hill Aikikai

Thursdays, 7:00pm-8:00pm

March 1, 8, 15, & 22

Parish of St. Monica & St. James,  
222 8th Street, NE Washington DC

Ph: 202 509-1632

👉 [www.capitolhillaikikai.org](http://www.capitolhillaikikai.org)

Just show up in loose-fitting, comfortable clothing.

# Aikido



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