

Best Martial Arts Institute

Class Schedule

Effective Nov. 14, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat. Morning
3:45 - 4:30 KARATE FOR KIDS <i>Kinders & Level 1 Ages 5 - 11</i>	4:00 - 4:45 JUDO FOR KIDS <i>Level 1 Ages 7 - 12</i>	3:45 - 4:30 KARATE FOR KIDS <i>Kinders & Level 1 Ages 5 - 11</i>		3:45 - 4:30 KARATE FOR KIDS <i>Kinders, Level 1 & 2 Ages 5 - 11</i>	8:45 - 10:15 AIKIDO <i>13 - Adult</i>
4:45 - 5:30 KARATE FOR KIDS <i>Level 2 & 3</i>	5:00 - 5:45 JUDO FOR KIDS <i>Level 2 Ages 7 - 12</i>	4:45 - 5:30 KARATE FOR KIDS <i>Level 2 & 3</i>	5:00 - 5:45 KARATE FOR KIDS <i>Kinders, Level 1 & 2 Ages 5 - 11</i>	4:45 - 5:45 KARATE <i>12 - Adult & Level 3 Kids</i>	10:15-11:00 KARATE FOR KIDS <i>Kinders, Level 1 & 2 Ages 5 - 11</i>
5:45 - 6:45 KARATE <i>12 - Adult</i>	6:00 - 7:10 JUDO <i>13 - Adult</i>	5:45 - 6:45 KARATE <i>12 - Adult</i>	6:00 - 7:10 JUDO <i>13 - Adult</i>		11:15-12:00 KARATE <i>12 - Adult & Level 3 Kids</i>
6:50 - 7:20 KARATE <i>Yellow-Black 12 - Adult</i>	7:15 - 8:45 AIKIDO <i>13 - Adult</i>	6:50 - 7:20 KARATE <i>Yellow-Black 12 - Adult</i>	7:15 - 8:45 AIKIDO <i>13 - Adult</i>		12:05-12:30 KARATE <i>Yellow-Black 12 - Adult</i>

Find class schedules and lots more information at bmai.org