

Best Martial Arts Institute

Class Schedule

Effective Jan. 1, 2025

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

Class schedules and more information at www.bmai.org