

# Best Martial Arts Institute

## Class Schedule

*Effective June 1, 2026*

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

*Class schedules and more information at [www.bmai.org](http://www.bmai.org)*