



Bill Adams' Martial Arts & Fitness Center
 Karate Weekly Kids/Teen/Adult
 Karate/Kempo/Kendo/Tai Chi
Fall Schedule

Starts August 22, 2022

on the web: bestinmartialarts.com email: martialart@roadrunner.com Check us out on FB

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|--|-----------------------------------|--|--------|--|
| | Karate Day Class 11-12 a.m. | Karate Kids White to Orange 6 p.m. | | Karate Kids White to Orange 6 p.m. | | Kendo 9:30 am to Noon |
| | Beginner Tai Chi* 6:30-7:15 pm | Karate Kids Gr & Up 6:45-7:30 p.m | Beginner Tai Chi* 6:30-7:15 pm | Karate Kids Gr & Up 6:45-7:30 p.m | | Karate Kids White - Orange 11:30 am |
| | Inter-Adv Tai Chi 7-8 pm | Adult and Teen All belts 7:30-8:30 pm | Inter-Adv Tai Chi 7-8 pm | Adult and Teen All belts 7:30-8:30 pm | | Karate Kids Gr & Up 12:15- 1 p.m |
| | | intro classes 5:30 & 7:30 | | intro classes 5:30 & 7:30 | | Karate Teen/Adult 1-2 pm |
| | | Kempo Class 8:30-9:30 pm | | Kempo Class 8:30-9:30 pm | | |

3211 Transit Road Elma, New York 14059 (716) 668-5004

* Beginner Tai Chi Classes tentatively scheduled for late Sept start