



Bill Adams' Martial Arts & Fitness Center

Karate Weekly Kids/Teen/Adult Summer Schedule

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

Starts June 21st, 2017

bestinmartialarts.com
martialart@roadrunner.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|---|---|---|
| | Karate Day Class All belts and ages 11:30-12:30 | Karate Kids (F*) White to Orange 5:30-6:15 p.m. | Karate Kids Green & Up 6:00-6:50 p.m. | Karate Kids (F*) White to Orange 5:30-6:15 p.m. | Karate Day Class All belts and ages 11:30-12:30 | Karate Kids White to Orange 11:30-12:15 |
| | Intros and Privates 5:15-6:30 p.m. | Karate Kids Green & Up 6:15-7:00 p.m. | | Karate Kids Green & Up 6:15-7:00 p.m. | | Karate Kids Green & Up 12:15 -1 p.m. |
| | Black Belt Only (red stripe too!) 6:00-7:00 p.m. | Adult and Teen All belts 7 - 8:00 p.m. | | Adult and Teen All belts 7 - 8:00 p.m. | | Adult and Teen All belts with Sensei Jason 1 - 2:00 p.m. |
| | Shihan Bill teaches all evening classes | Brown Black Prep 8 - 8:30 p.m. | | Brown Black Prep 8 - 8:30 p.m. | | |
| | Tai Chi 7-8 p.m. | (F*) Family Adults Allowed | Tai Chi 7-8 p.m. | (F*) Family Adults Allowed | | |

Closed July 3 & 4 and Sept. 1-4. Karate in the Park is July 1st. Camp Black Belt for Kids is July 31st through August 4th.