

Best Martial Arts Institute – Churchill

Summer Schedule 2009



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|------------------------------------|-------------------------|------------------------------------|-------------------------|--------------------------------|
| 3:15 - 4:00 | Children Level 2 | Children Level 1 | Children Level 2 | Children Level 1 | |
| 4:00 - 5:00 | Teen/adult White Belts & Beginners | Teen/adult Color Belts | Teen/adult White Belts & Beginners | Teen/adult Color Belts | Teen/adult White & Color Belts |
| 5:00 - 5:45 | Children Level 1 | Children Level 2 | Children Level 1 | Children Level 2 | |
| 5:45 - 6:30 | Children Level 3 | BMAI Demonstration Team | Children Level 3 | BMAI Demonstration Team | |
| 6:30 - 7:30 | Teen/adult White Belts & Beginners | Teen/adult Color Belts | Teen/adult White Belts & Beginners | Teen/adult Color Belts | |

- Complete schedules for both locations and all programs available online at www.bmai.org.
- Students may attend any classes for their level or any lower level.
- Students may attend unlimited classes at the BMAI downtown school for no additional monthly fee.

Best Martial Arts Institute
 Churchill - 2101 Bailey Hill Road - 344-8776
 Downtown – 1235 Willamette Street – 345-0684