

Best Martial Arts Institute - Downtown

Summer 2009

Summer schedule begins June 22



Students may attend any classes for their level or any lower level class.

Children

Level 1
Ages 4-11

Mon & Wed 5:45 – 6:30
Tues & Thurs 5:00 – 5:45
Saturday 10 – 10:45 a.m.

Level 2
Ages 4-11
Mon & Wed 5:00 – 5:45

Level 3
Ages 4-11
Mon & Wed 5:00 – 5:45



Teen/Adult

Karate / Taekwondo
Ages 12 to Adult

Beginners (1st month)

Wednesday & Friday
12:00 – 1:00

Tuesday & Thursday
6:00 – 7:00

Karate / Taekwondo
Ages 12 to Adult

White – Black Belt
Mon, Wed, & Fri 12:00 – 1:00
Friday 4:00 – 5:00
Tuesday & Thursday 6:00 – 7:00

Review Class
Wednesday 6:30 - 7:30

Taekwondo Sparring
Mon & Wed 6:30 – 7:30

Karate / Taekwondo



Yoga

Yoga for Martial Artists - Adults
Tuesday & Thursday
10:00 - 11:30 a.m.



Russian Systema - Ages 16 to Adult
Wednesday 7:40 - 9:00 p.m.
Minimum of six months martial arts experience required.

Systema

Judo

Judo
Ages 6-11
Tuesday & Thursday 5:15 – 6:00

Ages 12 to Adult
Tuesday & Thursday 6:00 – 7:00



Aikido
Ages 13 to Adult
Tuesday & Thursday 7:00 – 8:30 p.m.
Saturday 9:00 – 10:30 a.m.

Aikido

Complete schedules for both locations and all programs are available online at www.bmai.org