

Best Martial Arts Institute

Class Schedule

Effective September 1, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45 - 4:30 KARATE FOR KIDS Ages 5-11 Kinder Karate & Level 1	5:00 - 5:45 JUDO FOR KIDS Ages 7-12	3:45 - 4:30 KARATE FOR KIDS Ages 5-11 Kinder Karate & Level 1	5:00 - 5:45 KARATE FOR KIDS Ages 5-11 Kinder Karate & Level 1 & 2	3:45 - 4:30 KARATE FOR KIDS Ages 5-11 Kinder Karate & Level 1 & 2	8:45 - 10:15 AM AIKIDO Ages 13-Adult
4:45 - 5:30 KARATE FOR KIDS Ages 5-11 Level 2 & 3	6:00 - 7:10 JUDO Ages 13-Adult Dojo 1 Yellow to Black Belts Dojo 2 White Belts & Trial Lessons Once a Week & Full-time Members	4:45 - 5:30 KARATE FOR KIDS Ages 5-11 Level 2 & 3	5:45 - 6:45 FILIPINO STICK Ages 13-Adult	4:45 - 5:45 KARATE Ages 12-Adult All Levels & Level 3 Kids	10:15 - 11:00 AM KARATE FOR KIDS Ages 5-11 Kinder Karate & Level 1 & 2
5:45 - 6:45 KARATE Ages 12-Adult All Levels		5:45 - 6:45 KARATE Ages 12-Adult All Levels	6:00 - 7:10 JUDO Ages 13-Adult All Levels Full-time members only	5:45 - 6:30 OPEN MATS Ages 12-Adult	11:15 AM - 12:15 PM KARATE Ages 12-Adult All Levels & Level 3 Kids
6:50 - 7:20 KARATE Ages 12-Adult Yellow to Black Belts	6:45 - 8:15 AIKIDO Ages 13-Adult	6:50 - 7:20 KARATE Ages 12-Adult Yellow to Black Belts	6:45 - 8:15 AIKIDO Ages 13-Adult		12:30 - 1:00 PM KARATE Ages 12-Adult Yellow to Black Belts

Class schedules and more information at www.bmai.org