

Bill Adams'
Martial Arts & Fitness
Centers

3211 Transit Road,
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4856 Lake Ave.
 Blasdell, New York 14216
 822-6505

Elma Weekly Karate Fall Schedule

starts Sept. 24th, 2011

www.bestinmartialarts.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 -5:45 Intermediate (green-purple)	5:00 -5:45 Novice (W-Y-O)	5:00 -5:45 Inter/adv	5:00-5-45 Novice (W-Y-O)	5:00-5:50 Novice-Inter. Ninja (8-12)	10:45-11:30 am Inter/Adv Ninjas
	5:45-6:45 Family Class All Belt Levels	5:45-6:30 Interm-adv. (green-red stripe)	5:45-6:30 Novice	5:45-6:30 Intermed & Advanced Ninjas & Tigers Kata & Sparring	6:00-7:00 Family Class For this Fall, Belt Testings will be on the second Friday of the Month from 6 to 6:45 p.m. Coming Soon! Beginner Classes and Grappling- Jujitsu Classes	11:30-12:15 a.m NoviceW-Y-O) All classes , all ages
	6:45-7:45 Black Belt Only Child-Teen-Adult 7:45-8:15 Instructor Class	6:30 -7:30 Family Class All Belt Levels	6:30 -7:30 Intense Workout All Belt levels. high cardio	6:30 - 7::20 All Belts Teen Adults 7:20 - 7:45 Sparring		12:15 - 1:00 Raw Beginner High Energy
	8:00-8:45 Beginner Adult W-Y-O					1:00- 2:00 Adults All Levels

Classes offered in Novice (White to Orange), Intermediate (Green to Purple) and Advanced (Brown to Red)