

MARTIAL ARTS WAY FEBRUARY 2019

SENSEI FRANK GAVIOLA AND SENSEI LENORE GAVIOLA

DOJO LOCATION: 8958 ELK GROVE BOULEVARD, SUITE 105, ELK GROVE, CA 95624

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WWW.ZENBEL.ORG

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>1</u>	<u>2</u> 8:30 Tai Chi 9:30 Karate / Jujitsu 11:00 Kobudo
<u>3</u>	<u>5</u> 6:30 Youth Karate	<u>6</u>	<u>7</u> 5:30 Fan & Tai Chi (Villegas) 6:30 Adult Karate	<u>8</u>	<u>9</u> 8:30 Tai Chi 9:30 Karate 11:00 Kobudo
<u>10</u>	<u>12</u> 6:30 Youth Karate	<u>13</u>	 <u>14</u> Valentine's Day 5:30 Tai Chi 6:30 Adult Karate 7:30 Kobudo	<u>15</u>	<u>16</u> <u>No Karate or Kobudo</u> 8:30 Tai Chi (Villegas) Martial Arts Seminar @ San Francisco Dojo See Below for Information
<u>17</u>	<u>19</u> 6:30 Youth Karate	<u>20</u>	<u>21</u> 5:30 Tai Chi 6:30 Adult Karate	<u>22</u>	<u>23</u> 8:30 Tai Chi 9:30 Karate / Jujitsu 11:00 Kobudo
<u>24</u>	<u>26</u> 6:30 Youth Karate	<u>27</u>	<u>28</u> 5:30 Tai Chi 6:30 Adult Karate		

Upcoming Events

- Saturday, February 16th we are teaching a seminar at the dojo in San Francisco around 9 AM/9:30 AM.
Address: St. Mary's Park, Murray & Justin Drive, San Francisco, CA 94110. Dojo students are welcome to participate.
Let the Senseis know you will attend. Maps are available.
- If you are planning to attend ZBBKI summer camp in Canada in June a deposit of \$100 will be due sometime in March.