

NMARTIAL ARTS WAY CALENDAR - JULY 2018

8958 ELK GROVE BOULEVARD, SUITE 105, ELK GROVE, CA 95624

MAILING ADDRESS: PO BOX 284, ELK GROVE, CA 95759

WWW.MARTIALARTSWAY.COM

916 718-8263 OR 916 423-2913

WWW.ZENBEL.ORG

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>1</u>	<u>3</u> <i>6:30 Youth Karate</i>	<u>4</u>	<u>5</u> <i>5:30 Tai Chi</i> <i>6:30 Adult Karate</i>	<u>6</u>	<u>7</u> <i>8:30 Tai Chi</i> <i>9:30 Karate / Jujitsu</i> <i>11:00 Kobudo*</i>
<u>8</u>	<u>10</u> <i>6:30 Youth Karat</i> <i>7:30 Kobudo* for</i> <i>½ hour</i>	<u>11</u>	<u>12</u> <i>5:30 Tai Chi</i> <i>6:30 Adult Karate</i> <i>7:30 Kobudo</i>	<u>13</u>	<u>14</u> <i>8:30 Tai Chi (Villegas)</i> <u>NO KARATE OR</u> <u>KOBUDO TODAY</u>
<u>15</u>	<u>17</u> <i>6:30 Youth Karate</i>	<u>18</u>	<u>19</u> <i>5:30 Tai Chi</i> <i>6:30 Adult Karate</i>	<u>20</u>	<u>21</u> <i>8:30 Tai Chi</i> <i>9:30 Karate / Jujitsu</i> <i>11:00 Kobudo*</i>
<u>22</u>	<u>24</u> <i>6:30 Youth Karate</i>	<u>25</u>	<u>26</u> <i>5:30 Tai Chi</i> <i>6:30 Adult Karate</i>	<u>27</u>	<u>28</u> <i>8:30 Tai Chi</i> <i>9:30 Karate</i> <i>11:00 Kobudo*</i>
<i>Sunday</i> <u>29</u> <i>Monday</i> <u>30</u>	<u>31</u> <i>6:30 Youth Karate</i>				

Upcoming Events – Mark Your Calendar

1. ***PLEASE NOTE THAT THE KOBUDO CLASSES ARE FOR BROWN & BLACK BELTS ONLY (Effective July 1, 2018)**
2. *.Saturday July 14th we are conducting a seminar at Sensei Lonnie Francis' dojo St. Mary's Park, San Francisco from 9:30 to 11:30 AM. Dojo students are welcome to attend. If you are interested in attending will provide directions.*