

**MARTIAL ARTS WAY CALENDAR - JULY 2026**  
**SENSEI FRANK GAVIOLA & SENSEI LENORE GAVIOLA**  
 8958 ELK GROVE BOULEVARD, SUITE 105, ELK GROVE, CA 95624  
 MAILING ADDRESS: PO BOX 284, ELK GROVE, CA 95759

WEBSITE: [WWW.MARTIALARTSWAY.COM](http://WWW.MARTIALARTSWAY.COM) 916 718-8263 OR 712-8440 FACEBOOK: [TAI CHI AND KARATE WITH MARTIAL ARTS WAY](#)

| Sunday/Monday                        | Tuesday   | Wednesday | Thursday  | Friday    | Saturday   |
|--------------------------------------|---|-----------|---|-----------|--|
|                                      |   | <u>1</u>  | <u>2</u><br>6:00 to 7:15 PM<br>Adult Karate<br>7:15 to 7:45 PM<br>Kobudo  | <u>3</u>  | <b><u>NO CLASSES JULY 4<sup>TH</sup></u></b><br>  |
| Sunday <u>5</u><br>Monday <u>6</u>   | <u>7</u><br>6:00 to 7:15 PM<br><i>Youth Karate &amp; Jujitsu</i>    | <u>8</u>  | <u>9</u><br>6:00 to 7:15 PM<br>Adult Karate<br>7:15 to 7:45 PM<br>Kobudo  | <u>10</u> | <u>11</u><br>8:30 to 9:15 Tai Chi<br>9:30 to 10:15 Youth Karate<br>10:30 to 11:15 Adult Karate<br>11:30 to 12:15 Kobudo  |
| Sunday <u>12</u><br>Monday <u>13</u> | <u>14</u><br>6:00 to 7:15 PM<br><i>Youth Karate &amp; Jujitsu</i>   | <u>15</u> | <u>16</u><br>6:00 to 7:15 PM<br>Adult Karate<br>7:15 to 7:45 PM<br>Kobudo | <u>17</u> | <u>18</u><br>8:30 Tai Chi Class<br>9:30 to 10:15 Youth Karate<br>10:30 to 11:15 Adult Karate<br>11:30 to 12:15 Kobudo  |
| Sunday <u>19</u><br>Monday <u>20</u> | <u>21</u><br>6:00 to 7:15 PM<br><i>Youth Karate &amp; Jujitsu</i>   | <u>22</u> | <u>23</u><br>6:00 to 7:15 PM<br>Adult Karate<br>7:15 to 7:45 PM<br>Kobudo | <u>24</u> | <u>25</u><br>8:30 to 9:15 Tai Chi Class<br><b><u>10:00 AM BLACK BELT<br/>WORKSHOP / CLINIC</u></b><br><i><u>(Full schedule for the day will be<br/>distributed soon)</u></i> |
| Sunday <u>26</u><br>Monday <u>27</u> | <u>28</u><br>6:00 Youth Karate<br><i>Youth Karate &amp; Jujitsu</i> | <u>29</u> | <u>30</u><br>6:00 to 7:15 PM<br>Adult Karate<br>7:15 to 7:45 PM<br>Kobudo | <u>31</u> |  |