

**MARTIAL ARTS WAY CALENDAR - NOVEMBER 2023**  
**SENSEI FRANK GAVIOLA & SENSEI LENORE GAVIOLA**  
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**WEBSITE: [WWW.MARTIALARTSWAY.COM](http://WWW.MARTIALARTSWAY.COM) 916 718-8263 423-2913 OR 712-8440 FACEBOOK: TAI CHI AND KARATE WITH MARTIAL ARTS WAY**

Sun/Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u><i>Tai Chi &amp; Karate</i></u> <u><i>Students</i></u> <u><i>Arrive for Classes</i></u> <u><i>on Time!!</i></u>	<u>1</u>	<u>2</u> <i>6:00 to 7:15 PM</i> <i>Youth and Adult</i> <i>Karate</i>	<u>3</u>	<i>8:15 to 9:00 Tai Chi</i> <u>4</u> <i>No Karate or Kobudo Class</i> <i>Today Because of Karate</i> <i>Exam @ 9:30 AM</i>
<i>Sunday</i> <u>5</u> <u><i>Daylight Savings</i></u> <u><i>Time Ends</i></u>	<u>7</u> <i>6:00 to 7:15 PM</i> <i>Youth Karate</i>	<u>8</u>	<u>9</u> <i>6:00 to 7:15 PM</i> <i>Adult Karate</i>	<u>10</u>	<i>8:30 Tai Chi</i> <u>11</u> <i>9:30 Youth Karate</i> <i>10:30 Adult Karate</i> <i>11:30 Kobudo</i>  <i>Thank You</i> <i>Veterans</i> <small>Dr. Donn G. Lorne, General Danford</small>
<i>Sunday</i> <u>12</u> <i>Monday</i> <u>13</u>	<u>14</u> <i>6:00 to 7:15 PM</i> <i>Youth Karate</i>	<u>15</u>	<u>16</u> <i>6:00 to 7:15 PM</i> <i>Adult Karate</i>	<u>17</u>	<i>8:30 Tai Chi</i> <u>18</u> <i>9:30 Youth Karate</i> <i>10:30 Adult Karate</i> <i>11:30 Kobudo</i>
<i>Sunday</i> <u>19</u> <i>Monday</i> <u>20</u>	<u>21</u> <i>6:00 to 7:15 PM</i> <i>Youth and Adult</i> <i>Karate</i>	<u>22</u>	<u>23</u> <i>NO CLASS</i> 	<u>24</u>	<u>25</u> <u><i>NO CLASSES TODAY</i></u> <i>Enjoy the Thanksgiving</i> <i>Holiday Weekend With</i> <i>Family &amp; Friends</i>
<i>Sunday</i> <u>26</u> <i>Monday</i> <u>27</u>	<u>28</u> <i>6:00 to 7:15 PM</i> <i>Youth Karate</i>	<u>29</u>	<u>30</u> <i>6:00 to 7:15 PM</i> <i>Adult Karate Class</i>		

