

MARTIAL ARTS WAY - NOVEMBER 2024

SENSEI FRANK GAVIOLA AND SENSEI LENORE GAVIOLA


DOJO LOCATION: 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

FACEBOOK : [MARTIALARTSWAY / TAI CHI AND KARATE WITH MARTIAL ARTS WAY](https://www.facebook.com/MARTIALARTSWAY/)

Sunday/Monday	Tuesday	Wed	Thursday	Friday	Saturday
				<u>1</u>	Tai Chi 8:30 AM <u>2</u> Youth Karate 9:30 AM Adult Karate 10:30 AM Kobudo 11:30 AM
<u>Sunday 3</u> DAYLIGHT SAVINGS TIME FALL BACK 1 HOUR	<u>5</u> 6:00 to 7:15 PM Youth Karate & Jujitsu 7:20 to 7:45 PM Adult Jujitsu	<u>6</u>	<u>7</u> 6:00 to 7:45 PM Adult Karate/Kobudo	<u>8</u>	Tai Chi 8:30 AM <u>9</u> Youth Karate 9:30 AM Adult Karate 10:30 AM Kobudo 11:30 AM
<u>Monday 11</u> 	<u>12</u> 6:00 to 7:15 PM Youth Karate / Jujitsu	<u>13</u>	<u>14</u> 6:00 to 7:45 PM Adult Karate/Kobudo	<u>15</u>	Tai Chi 8:30 AM <u>16</u> Youth Karate 9:30 AM Adult Karate 10:30 AM Kobudo 11:30 AM
<u>Sunday 17</u> <u>Monday 18</u>	<u>19</u> 6:00 to 7:15 PM Youth Karate & Jujitsu 7:20 to 7:45 PM Adult Jujitsu	<u>20</u>	<u>21</u> 6:00 to 7:45 PM Adult Karate/Kobudo	<u>22</u>	Tai Chi 8:30 AM <u>23</u> Youth Karate 9:30 AM Adult Karate 10:30 AM Kobudo 11:30 AM
<u>Sunday 24</u> <u>Monday 25</u>	<u>26</u> 6:00 to 7:15 PM Youth and Adult Karate	<u>27</u>	<u>28</u> No Classes Today 	<u>29</u>	No Classes Today <u>30</u> ENJOY YOUR TIME WITH YOUR FAMILY AND FRIENDS! See You Next Week