

HOURS: Monday - Thursday 3:30 pm to 9:00 pm
Friday CLOSED (unless noted below)
Saturday 9:00 am to 12:00 pm

MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY SATURDAY** TINY TINY **OPEN GYM OPEN GYM OPEN GYM TIGERS TIGERS** 3:30 - 4:00pm 3:30 - 4:00pm 3:30 - 4:00pm 3:30 - 4:00pm 9:00 - 9:30am **PRIVATE PRIVATE TIGERS TIGERS TIGERS LESSONS LESSONS** 4:00 - 4:45pm 4:00 - 4:45pm 4:00 - 4:45pm 4:00 - 4:45pm 9:30 - 10:15am **STINGRAYS STINGRAYS STINGRAYS STINGRAYS STINGRAYS OPEN GYM &** Intermediate & EAGLES Beginner Intermediate **Beginner PRIVATE** 10:15 - 11:15am 4:45 - 5:30pm 4:45 - 5:30pm 4:45 - 5:30pm 4:45 - 5:30pm **LESSONS EAGLES EAGLES EAGLES EAGLES** (by appt. only) Beg. & Int. Beg. & Int. Int. & Adv. Int. & Adv. 5:30 - 6:30pm 5:30 - 6:30pm 5:30 - 6:30pm 5:30 - 6:30pm **EAGLES STINGRAYS EAGLES STINGRAYS** Int. & Adv. Beg. & Int. Int. & Adv. Beg. & Int. RESERVED 6:30 - 7:30pm 6:30 - 7:15pm 6:30 - 7:30pm 6:30 - 7:15pm FOR SPECIAL **EVENTS & ADULTS ADULTS MAKEUPS ADULTS DEMO TEAM** 4:00 - 6:30pm **All Levels** All Levels **All Levels BIRTHDAY** 7:30 - 8:45pm 7:30 - 8:45pm 7:30 - 8:45pm (Last Friday) 7:15 - 8:15pm **PARTIES ADULTS** S.T.O.R.M. All Levels 6:30 - 9:30pm 8:15 - 9:30pm (Last Friday) **TINY TIGERS STINGRAYS TIGERS EAGLES ADULTS** Classes and times

3620 Lone Tree Way, Antioch, CA 94509 ~ (925) 777-0100 www.ChampionsMAA.com ~ info@championsmaa.com

(Ages 10-15)

(Ages 16+)

(Ages 7-9)

(Ages 3.5-4)

(Ages 5-6)

subject to change.