

# ANTIOCH MARTIAL ARTS ACADEMY

## EMPOWERING FAMILIES FOR LIFE!

3620 Lone Tree Way, Antioch, CA 94509 ~ visit us at [www.antiochmaa.com](http://www.antiochmaa.com)  
 contact us at (925) 777-0100 ~ email [info@antiochmaa.com](mailto:info@antiochmaa.com)

**HOURS:** Monday - Thursday 2:30 pm to 9:30 pm  
 Friday 2:30 pm to 7:00 pm  
 Saturday 9:00 am to 1:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 3:00 - 4:00pm	OPEN GYM 3:00 - 4:45pm	OPEN GYM 3:00 - 4:00pm	OPEN GYM 3:00 - 4:45pm	OPEN GYM 3:00 - 7:00pm	TINY TIGERS 9:00 - 9:30am
TIGERS 4:00 - 4:45pm		TIGERS 4:00 - 4:45pm			TIGERS 9:30 - 10:15am
STINGRAYS Beginner 4:45 - 5:30pm	STINGRAYS Intermediate 4:45 - 5:30pm	STINGRAYS Beginner 4:45 - 5:30pm	STINGRAYS Intermediate 4:45 - 5:30pm		STINGRAYS & EAGLES 10:30 - 11:30am
EAGLES Beginner 5:30 - 6:30pm	EAGLES Intermediate 5:30 - 6:30pm	EAGLES Beginner 5:30 - 6:30pm	EAGLES Intermediate 5:30 - 6:30pm		RESERVED
PRIVATE LESSONS 6:30 - 7:15pm	STINGRAYS Beg. & Int. 6:30 - 7:15pm	PRIVATE LESSONS 6:30 - 7:15pm	STINGRAYS Beg. & Int. 6:30 - 7:15pm		FOR SPECIAL
EAGLES Intermediate 7:15 - 8:15pm	PRIVATE LESSONS 7:15 - 8:15PM	EAGLES Intermediate 7:15 - 8:15pm	DEMO TEAM 7:15 - 8:15pm		EVENTS &
ADULTS All Levels 8:15 - 9:30pm	ADULTS All Levels 8:15 - 9:30pm	ADULTS OPEN GYM 8:15 - 9:30pm	ADULTS All Levels 8:15 - 9:30pm		MAKEUPS 4-6:30PM (Last Friday)
				S.T.O.R.M. 6:00 - 9:00pm (3rd Fridays)	PARTIES 2:00 - 4:00pm

TINY TIGERS (Ages 3.5-4)	TIGERS (Ages 5-6)	STINGRAYS (Ages 7-9)	EAGLES (Ages 10-15)	ADULTS (Ages 16+)
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Classes and times subject to change.