

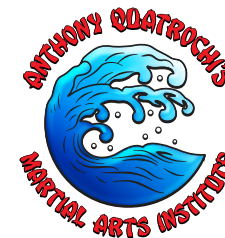


Anthony Quatrochi's Martial Arts Institute Class Schedule

1299 U.S. 9 Southside Plaza • Wappinger's Falls • (845) 298-2177 • aqmai.com

Private Lessons and Birthday Parties By Schedule or Appointment

Effective April 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
<div> This class satisfies the physical education requirement for home schooling</div> <div> AM Classes</div>						
	<div> Martial Arts for Home Schoolers 10 Yrs & Under 10:15 AM - 11:15 AM</div> <div> Martial Arts for Home Schoolers Twins, Teens & Parents 10:15 AM - 11:15 AM</div>			<div>No Classes</div> <div>Private Lessons and Birthday Parties Available By Request</div>	<div>Pee Wees - All Levels 4 - 7 yrs 9:00 AM - 10:00 AM</div> <div>Juniors - All Levels 8 - 11 yrs 10:00 AM - 11:30 AM</div> <div>Adults - All Levels 12 & Up 11:30 AM - 1:00 PM</div>	<div>No Classes</div> <div>Private Lessons and Birthday Parties Available By Request</div>
<div> PM Classes</div>						
<div>Beginner Pee Wees 4 - 7 yrs 5:30 PM - 6:00 PM</div>	<div>Advanced Pee Wees 4 - 7 yrs 5:30 PM - 6:00 PM</div>	<div>Beginner Pee Wees 4 - 7 yrs 5:30 PM - 6:00 PM</div>	<div>Advanced Pee Wees 4 - 7 yrs 5:30 PM - 6:00 PM</div>	<div>No Classes</div> <div>Private Lessons and Birthday Parties Available By Request</div>	<div>No Classes</div> <div>Private Lessons and Birthday Parties Available By Request</div>	<div>No Classes</div> <div>Private Lessons and Birthday Parties Available By Request</div>
<div>Beginner Juniors 8 - 11 yrs 6:00 PM - 7:00 PM</div>	<div>Advanced Juniors 8 - 11 yrs 6:00 PM - 7:00 PM</div>	<div>Beginner Juniors 8 - 11 yrs 6:00 PM - 7:00 PM</div>	<div>Advanced Juniors 8 - 11 yrs 6:00 PM - 7:00 PM</div>			
<div>Beginner Adults 12 & Up 7:00 PM - 8:30 PM</div>	<div>Advanced Adults 12 & Up 7:00 PM - 8:00 PM</div>	<div>Beginner Adults 12 & Up 7:00 PM - 8:30 PM</div>	<div>Advanced Adults 12 & Up 7:00 PM - 8:00 PM</div>			
<div>Invitation Only 8:00 PM - 8:30 PM</div>	<div>Invitation Only 8:00 PM - 8:30 PM</div>	<div>Invitation Only 8:00 PM - 8:30 PM</div>	<div>Invitation Only 8:00 PM - 8:30 PM</div>			