



# EVOLUTION MARTIAL ARTS CENTER, LLC

## CLASS SCHEDULE

2640 SOMERSVILLE ROAD, ANTIOCH, CA, 94509

(925) 755-3622 / [EvolutionMAC@att.net](mailto:EvolutionMAC@att.net) / [www.evolutionmac.com](http://www.evolutionmac.com)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						Youth 9:30am - 10:30am
						Adult 10:30am - 11:30am
3:00 PM - 4:00 PM	Orientation Class / Private Lessons <i>(by appointment)</i>	Orientation Class / Private Lessons <i>(by appointment)</i>	Orientation Class / Private Lessons <i>(by appointment)</i>	Orientation Class / Private Lessons <i>(by appointment)</i>	Private Lessons <i>(by appointment)</i>	
4:00 PM - 4:30 PM	Youth Beginners	Little Eagles Group B	Youth Beginners	Little Eagles Group B	Youth Intermediate	
4:30 PM - 5:00 PM		Youth Advanced		Youth Advanced	to Advanced	
5:00 PM - 5:30 PM	Little Eagles Group A		Little Eagles Group A		Youth Beginners	
5:30 PM - 6:00 PM	Youth Intermediate	Poomsae (Forms)	Youth Intermediate	Olympic Sparring Class	Open Workout	
6:00 PM - 6:30 PM						
6:30 PM - 7:00 PM	*(6:45 pm) Adults / Teens ALL BELTS	Youth Beginners	*(6:45 pm) Adults / Teens ALL BELTS	Youth Beginners	Adults / Teens ALL BELTS	
7:00 PM - 7:30 PM						
7:30 PM - 8:00 PM		Red to Black Belts ALL AGES		Red to Black Belts ALL AGES		
8:00 PM - 8:30 PM						

Little Eagles = Ages 4 - 6 years / Youth = Ages 7 - 12 years / Adults = Ages 13 & Up

Students should arrive at least 5 minutes before class and children should be picked up within 10 minutes after class ends

Students who are late more than 10 minutes will not be permitted to join class