

# AMERICAN SHAOLIN KENPO

## EMPOWERING FAMILIES FOR LIFE!

3620 Lone Tree Way, Antioch, CA 94509 ~ (925) 777-0100  
 www.AmericanShaolinKenpo.com ~ email ask.antioch@comcast.net

**HOURS:** Monday thru Friday 2:30 pm to 9:30 pm  
 Saturday 7:30 am to 2:00 pm  
 Sunday 8:00 am to 10:00 am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		K.O.W.O. 5:00 AM		K.O.W.O. 5:00 AM		K.O.W.O. 7:30 AM
<b>FIT 2 FIGHT</b> 8:15 AM	TINY TIGERS 1 3:30 PM	TINY TIGERS 2 3:30 PM	TINY TIGERS 1 3:30 PM	TINY TIGERS 2 3:30 PM	OPEN GYM 3:00 - 6:00 PM	TINY TIGERS 3 9:00 AM
	TIGERS 1 4:00 PM	TIGERS 2 4:00 PM	TIGERS 1 4:00 PM	TIGERS 2 4:00 PM		TIGERS 3 9:30 AM
	STINGRAYS 1 4:45 PM	STINGRAYS 2 4:45 PM	STINGRAYS 1 4:45 PM	STINGRAYS 2 4:45 PM		STINGRAYS & EAGLES 4 10:30 AM
	EAGLES 1 5:30 PM	EAGLES 3 5:30 PM	EAGLES 1 5:30 PM	EAGLES 3 5:30 PM		ADULTS 3 11:30 AM
<b>RESERVED FOR SPECIAL EVENTS &amp; BIRTHDAY PARTIES</b> 1:00 - 5:00 PM	K.O.W.O. 6:30 PM	STINGRAYS 3 6:30 PM	K.O.W.O. 6:30 PM	STINGRAYS 3 6:30 PM	<b>S.T.O.R.M.</b> 6:00 PM	<b>RESERVED FOR SPECIAL EVENTS &amp; BIRTHDAY PARTIES</b> 1:00 - 5:00 PM
	EAGLES 2 7:15 PM	OPEN GYM 7:15 PM	EAGLES 2 7:15 PM	OPEN GYM 7:15 PM	OPEN GYM 7:15 PM	
	ADULTS 1 8:15 PM	ADULTS 2 8:15 PM	ADULTS 1 8:15 PM	ADULTS 2 8:15 PM	<b>FIT 2 FIGHT</b> 8:15 PM	
		<b>FIT 2 FIGHT</b> 8:15 PM				

**TINY TIGERS**  
(Ages 3-4)

**TIGERS**  
(Ages 5-6)

**STINGRAYS**  
(Ages 7-9)

**EAGLES**  
(Ages 10-14)

**ADULTS**  
(Ages 15+)

**KNOCK OUT  
WORK OUT**  
(Ages 15+)

**FIT 2 FIGHT**  
(Ages 15+)

Classes and times subject to change.