



# Anthony Quatrochi's Martial Arts Institute Class Schedule

**1234 US-9, Suite 4 • Wappingers Falls, NY 12590**  
**(845) 298-2177 • aqmai.com**



*Private Lessons and Birthday Parties By Schedule or Appointment*

## Effective April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
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This class satisfies the physical education requirement for home schooling

### AM Classes

**Mommy & Me**  
Ages 2 - 5 Yrs.  
10:00 AM - 10:45 AM

**Martial Arts for Home Schoolers**  
10 Yrs & Under  
10:15 AM - 11:15 AM

**Martial Arts for Home Schoolers**  
Tweens, Teens & Parents  
11:30 AM - 12:30 PM

No Classes  
  
Private Lessons and Birthday Parties Available By Request

**Pee Wees - All Levels**  
4 - 7 yrs  
9:00 AM - 10:00 AM

**Juniors - All Levels**  
8 - 11 yrs  
10:00 AM - 11:30 AM

**Adults - All Levels**  
12 & Up  
11:30 AM - 1:00 PM

No Classes  
  
Private Lessons and Birthday Parties Available By Request

### PM Classes

**Martial Motion For Seniors**  
1:00 PM - 2:00 PM

**Mommy & Me**  
Ages 2 - 5 Yrs.  
3:00 PM - 3:45 PM

**Beginner Pee Wees**  
4 - 7 yrs  
5:30 PM - 6:00 PM

**Advanced Pee Wees**  
4 - 7 yrs  
5:30 PM - 6:00 PM

**Beginner Pee Wees**  
4 - 7 yrs  
5:30 PM - 6:00 PM

**Advanced Pee Wees**  
4 - 7 yrs  
5:30 PM - 6:00 PM

**Beginner Juniors**  
8 - 11 yrs  
6:00 PM - 7:00 PM

**Advanced Juniors**  
8 - 11 yrs  
6:00 PM - 7:00 PM

**Beginner Juniors**  
8 - 11 yrs  
6:00 PM - 7:00 PM

**Advanced Juniors**  
8 - 11 yrs  
6:00 PM - 7:00 PM

**Beginner Adults**  
12 & Up  
7:00 PM - 8:00 PM

**Advanced Adults**  
12 & Up  
7:00 PM - 8:00 PM

**Beginner Adults**  
12 & Up  
7:00 PM - 8:00 PM

**Advanced Adults**  
12 & Up  
7:00 PM - 8:00 PM

**Invitation Only**  
8:00 PM - 8:30 PM

**Invitation Only**  
8:00 PM - 8:30 PM

**Invitation Only**  
8:00 PM - 8:30 PM

**Invitation Only**  
Black Gi Adult Level Intensive  
8:00 PM - 8:30 PM

No Classes  
  
Private Lessons and Birthday Parties Available By Request

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