

Coronado Training Center

106 B Avenue Coronado, CA. 92118

BOXING

Both Adults and kids (start at age 10)

American Traditional Boxing

Physically demanding but we also cater to the novice. You will learn to defend, move and attack. Specific drills will help you develop to your fullest potential. You will train as a fighter trains and get in the best shape of your life. No students are required to spar.

MUAY THAI KICKBOXING

Both Adults and kids (start at age 10)

Kick boxing from Thailand.

You will learn to block and strike with your hands, elbows, shins and feet. You will learn the rhythm of this art and the street functionality. A great sport that teaches real self defense. Excellent for getting in top condition.

TAE KWON DO

Both adults and kids (start at age 6)

Korean Karate

This 2000 year old art form respects the traditional past but relates to today's youth. You will learn kick techniques, Poomses (forms), self-defense, respect, basic Korean terminology, drills and sparring. As a traditional art form, you will learn respect, discipline, honor, and self control. Tae Kwon Do and Judo are the only two martial arts in the Olympics. If you are a military and are relocated you should be able to join any WTF-Olympic style sparring program in the world. Tae Kwon Do is the most practiced martial art in America.

PERSONAL TRAINING

If you would like to learn to box on a one-on-one basis then you can purchase private one hour classes. You will receive complete individual attention to compliment what you learned in class. Non-members can also take private lessons. Volume private lessons of ten or more are offered at a discounted rate.

BODY SHAPING

This class combines resistance training, fitness kickboxing, flexibility drills and core focus through medicine balls/weights. Your

fitness level and conditioning will greatly improve. We will alternate between upper and lower body workouts to ensure a complete body makeover.

CARDIO KICK

A high energy, fun and challenging workout. You will get your cardio workout with the added benefit of using practical kicks. We incorporate upper body drills and ten minutes of abdominal work.

KICK BUTT

We will take the most challenging and rewarding drills from all our different programs to create the kick butt class. If you truly want to test your stamina and start your weekend fun, come join us!

Cardio Box

A complete body workout.

You will punch, jump and crunch your way back into shape. You will use boxing gloves, medicine balls and jump ropes in a highly aerobic format. You can burn over 900 calories in one hour.