

**C**oronado

**T**raining

**C**enter

106 B Avenue, Coronado, CA, 92118

[www.martialartsboxing.com](http://www.martialartsboxing.com) (619)522-0988

Plenty of Free Parking! Located next to Pizza Hut/KFC

**FIRST CLASS FREE\***

●Local residents w/ ID only or \$15 drop-in fee●

**CLASS SCHEDULE**

**Effective May 19, 2008**

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00am</b>		Cardio Box (Ladies only)		Cardio Box (Ladies only)	Cardio Box (Ladies only)	Kick Butt 10:00 am
<b>11:00am</b>						Tae Kwon Do (White/Yellow stripe)
<b>12:00 Noon</b>		Cardio kick/ Box Combo		Cardio kick/ Box Combo		Tae Kwon Do (Yellow Belts & Up)
<b>1:00pm-3:30pm</b>	Closed	Closed	Closed	Closed	Closed	
<b>4:00 pm</b>	Tae Kwon Do (White belts /yellow stripes)	Boxing Kids	Tae Kwon Do (White belts /yellow stripes)	Boxing Kids	OPEN Gym &	
<b>5:00 pm</b>	Tae Kwon Do (Yellow belts & up)	Body Shaping (weights/bands)	Tae Kwon Do (Yellow belts & up)	Body Shaping (weights/bands)	Sparring (All Styles) 4:00-6:00	
<b>6:00pm</b>	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing		
<b>7:00pm</b>	Open Gym	Boxing	Boxing <sub>(coming)</sub> Open Gym	Boxing		

Hours: Mon./Wed.4-8pm Tue/Thurs.-9-10am,12-1pm, 4-8pm. Fri. 9-10am, 4-6pm Sat. 9:45am-1pm Sun. Closed

**SCHEDULE SUBJECT TO CHANGE**