

TIMETABLE

ATI MARTIAL ARTS - CLAREMONT

(Last updated 20th April 2009)

MONDAY	FLOOR 1	FLOOR 2
9-10am 10-11am 1:45-2:45pm 3:30-4pm 4-4:30pm 4:30-5:15pm 5:15-6pm 6-6:45pm 7-8pm	MIXED TKD & FREESTYLE YOGA FITNESS CLASS LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above KIDS TKD - White & Yellow Belts KIDS TKD - Blue Belts KIDS TKD - Red & Black Belts ADULTS TKD	FREESTYLE KICKBOXING
TUESDAY	FLOOR 1	FLOOR 2
3:30-4pm 4-4:30pm 4:30-5:15pm 5:15-6pm 6-6:45pm 6:45-7:45pm 7-8pm	LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above KIDS TKD - White & Yellow Belts KIDS TKD - Blue Belts KIDS TKD - Red & Black Belts ELITE SPARRING (WTF)	ADULTS TKD
WEDNESDAY	FLOOR 1	FLOOR 2
9-10am 1:45-2:45pm 3:30-4pm 4-4:30pm 4:30-5:15pm 5:15-6pm 6-6:45pm 7-8pm	MIXED TKD & FREESTYLE FITNESS CLASS LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above KIDS TKD - White & Yellow Belts KIDS TKD - Blue Belts KIDS TKD - Red & Black Belts ADULTS TKD	6-7pm BBC/DEMO FREESTYLE KICKBOXING
THURSDAY	FLOOR 1	FLOOR 2
3:30-4pm 4-4:30pm 4:30-5:15pm 5:15-6pm 6-6:45pm 7-8pm	LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above KIDS TKD - White & Yellow Belts KIDS TKD - Blue Belts KIDS TKD - Red & Black Belts ADULTS TKD	FREESTYLE KICKBOXING
FRIDAY	FLOOR 1	FLOOR 2
3:30-4pm 4-4:30pm 4:30-5:15pm 5:15-6pm 6-7pm	LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above KIDS TKD - WHITE - RED BELTS MIXED BLACK BELTS MIXED TKD	FREESTYLE TAEKWONDO
SATURDAY	FLOOR 1	FLOOR 2
9-9:30am 9:30-10am 10-11am 11:15-12:15am	LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above ELITE SPARRING (WTF) MIXED TKD & FREESTYLE	