

TIMETABLE

ATI MARTIAL ARTS - CLAREMONT

2010

MONDAY	FLOOR 1	FLOOR 2
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 LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above KIDS TKD - White & Yellow Belts KIDS TKD - Blue Belts KIDS TKD - Red & Black Belts ADULTS TKD	7-8pm FREESTYLE TAEKWONDO
TUESDAY	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	6-7pm ELITE SPARRING 7-8pm BRAZILIAN JIU-JITSU
WEDNESDAY	FLOOR 1	FLOOR 2
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 LITTLE DRAGONS - White & Orange LITTLE DRAGONS - Green & above KIDS TKD - White & Yellow Belts KIDS TKD - Blue Belts KIDS TKD - Red & Black Belts ADULTS TKD	5:15-6pm WIKID WEAPONZ (KIDS) 6-7pm WIKID WEAPONZ (ADULTS) 7-8pm FREESTYLE TAEKWONDO
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	7-8pm FREESTYLE TAEKWONDO
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 (inc Red 3's) MIXED TKD & FREESTYLE	
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 MIXED TKD & FREESTYLE	