



ATImartialarts

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CLAREMONT

TIMETABLE

2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|--|---|--|--|
| | | 6:15am – 7:15am <i>BOXINGFIT</i> | | |
| | | | 9:00am - 10:00am <i>WOMENS ONLY KICKBOXING</i> | 8:00am - 9:00am <i>BOXINGFIT</i> |
| | 1pm-2pm <i>WOMENS ONLY KICKBOXING</i> | | | 9:00am – 9:30am <i>LITTLE DRAGONS ALL AGES</i> |
| 4:00pm - 4:30pm <i>LITTLE DRAGONS ALL AGES</i> | 3:45pm - 4:15pm <i>LITTLE DRAGONS ALL AGES</i> | 4:00pm - 4:30pm <i>LITTLE DRAGONS ALL AGES</i> | 4:00pm - 4:30pm <i>LITTLE DRAGONS ALL AGES</i> | 9:30am – 10:30am <i>FAMILY TAE KWON DO</i> |
| 4:30pm - 5:15pm <i>WHITE - YELLOW KIDS TKD</i> | 4:15pm - 5:15pm <i>ALL BELTS KIDS TKD</i> | 4:30pm - 5:15pm <i>WHITE - YELLOW KIDS TKD</i> | 4:30pm - 5:15pm <i>WHITE - YELLOW KIDS TKD</i> | 10:30am – 11:30pm <i>ALL ADULTS (CARDIO, KICKING, SPARRING)</i> |
| 5:15pm - 6:15pm <i>BLUE - BLACK KIDS TKD</i> | 5:15pm - 6:15pm <i>KIDS/FAMILY KICKBOXING</i> | 5:15pm - 6:15pm <i>BLUE - BLACK KIDS TKD</i> | 5:15pm - 6:15pm <i>BLUE - BLACK KIDS TKD</i> | |
| 6:15pm - 7:15pm <i>ADULT KOREAN KICKBOXING</i> | 6:15pm – 7:15pm <i>BOXINGFIT</i> | 6:15pm - 7:15pm <i>ADULT TAE KWON DO</i> | 6:15pm - 7:15pm <i>BOXINGFIT</i> | |
| 7:15pm - 8:15pm <i>ADULT TAE KWON DO</i> | 7:15pm - 8:15pm <i>ALL ADULTS (CARDIO, KICKING, SPARRING)</i> | 7:15pm - 8:15pm <i>ADULT KOREAN KICKBOXING</i> | 7:15pm - 8:15pm <i>ALL ADULTS (CARDIO, KICKING, SPARRING)</i> | |