





Martial Arts & Family Fitness

Fall 2019 Schedule Begins August 1, 2018

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM	Classes in yellow	are included in	the Champion	Membership		Cardio-Fit 7:30AM
8:00AM						
9:00AM	Yoga	 ZUMBA		 ZUMBA	Yoga	
11:00AM - 3:00PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
4:00PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	<p>PRIVATE LESSONS are available mornings, afternoons and evenings provided a class is not already scheduled.</p> <p>CONTACT US FOR MORE DETAILS.</p>	
5:00PM	Tae Kwon Do 1 Hr 15 min		Tae Kwon Do Sparring 1 Hr 15 min			
6:00PM		Muay Thai Kickboxing	Cardio-Box 6:30PM 50 Min	Muay Thai Kickboxing		
7:00PM		Salsa 7:30PM				

Schedule Subject to Change

We Are Closed All National Holidays

(619) 522-0988 | 132 B Ave. Coronado, CA 92118

CoronadoTrainingCenter.com