



CORONADO TRAINING CENTER
MARTIAL ARTS & FAMILY FITNESS

Address: 132 B Avenue - Coronado, CA 92118



Website: www.coronadotrainingcenter.com

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SCHEDULE BEGINNING: November 6th, 2017

Visit our website for more information.

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM			PRIVATE LESSONS			* 7:30 AM CARDIO-FIT with Renee
4:00 PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	Birthday Parties on Sat/Sun by appointment only. Private Lessons Private Lessons are available mornings, afternoons and evenings as long as we don't have a class. Contact us for details.	
5:00 PM	Tae Kwon Do All Levels		Tae Kwon Do All Levels (Sparring 75 min.)	PRIVATE LESSONS		
6:00 PM	PRIVATE LESSONS	Muay Thai Kickboxing	PRIVATE LESSONS	Muay Thai Kickboxing		



SCHEDULE SUBJECT TO CHANGE | We are closed all national holidays.



Whatever your fitness goals, Coronado Training Center can help you reach them. We have a range of programs that will help you get there quickly and safely. Our expert trainers are here to make sure you achieve your goals.