



ATI martial arts

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CLAREMONT
TIMETABLE OCT 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
		6.15am - 7.15am BOXINGFIT		
	9.00am - 10am WOMENS ONLY KICKBOXING		9.00am - 10am WOMENS ONLY KICKBOXING	8.00am - 9.00am BOXINGFIT 8.00AM - 9.00AM SPARRING CLASS 7+
				9.00am - 9.30am LITTLE DRAGONS ALL AGES
4.00pm - 4.30pm LITTLE DRAGONS ALL AGES	3.45pm - 4.15pm LITTLE DRAGONS ALL AGES	4.00pm - 4.30pm LITTLE DRAGONS ALL AGES	4.00pm - 4.30pm LITTLE DRAGONS ALL AGES	9.30am - 10.30am TAEKWONDO ALL AGES/ALL LEVELS
4.30pm - 5.15pm WHITE - YELLOW KIDS TKD	4.15pm - 5.00pm WHITE - YELLOW KIDS TKD 4.15pm - 5.15pm BLUE - BLACK KIDS TKD	4.30pm - 5.15pm WHITE - YELLOW KIDS TKD	4.30pm - 5.15pm WHITE - YELLOW KIDS TKD	10.30am - 11.30am ADULT KOREAN KICKBOXING / ALL ADULT SPARRING 10.30am - 11.30am JUNIOR KOREAN KICKBOXING/SPARRING
5.15pm - 6.15pm BLUE - BLACK KIDS TKD	5.15pm - 6.15pm JUNIOR KOREAN KICKBOXING 5.15pm - 6.15pm JUNIOR BJJ	5.15pm - 6.15pm BLUE - BLACK KIDS TKD	5.15pm - 6.15pm BLUE - BLACK KIDS TKD	11.30am - 12.30pm ADULT BJJ 11.30am - 12.30pm JUNIOR BJJ
6.15pm - 7.15pm ADULT KOREAN KICKBOXING	6.15pm - 7.15pm BOXINGFIT 6.30pm - 7.30pm ADULT BJJ	6.15pm - 7.15pm ADULT TAEKWONDO	6.15pm - 7.15pm BOXINGFIT 6.15pm - 7.15pm SPARRING CLASS 7+	
7.15pm - 8.15pm ADULT TAEKWONDO	7.15pm - 8.15pm ADULT TAEKWONDO	7.15pm - 8.15pm ADULT KOREAN KICKBOXING	7.15pm - 8.15pm ADULT KOREAN KICKBOXING / ALL ADULT SPARRING	