

One

MARTIAL ARTS & EXTREME FITNESS

Transforming Humanity

PROGRAM	MON	TUES	WED	THURS	FRI	SAT
BABY ANGELS	3:45PM			9:30AM		9:00AM
ANGELS	3:15PM	4:00PM	3:15PM 3:45PM	4:00PM	3:15PM 3:45PM	9:30AM
LEGENDS	4:15PM	3:15PM 4:30PM	4:15PM Fitness	3:15PM 4:30PM	4:15PM	10:00AM
LEADERS	5:00PM 6:00PM 8:00PM	9:30AM 6:00PM	5:00PM	10:30AM 6:00PM 8:00PM		10:45AM
eXtra Curriculum	7:00PM Kumite	10:30AM Fitness 7:00PM Fitness		7:00PM Fitness	5:00PM Kobudo 5:30PM Elite	11:45AM Kumite

CLASS	DESCRIPTION	DURATION	CONTACTS	
BABY ANGELS	Preschool	30 mins	SENSEI	0404 016 234
ANGELS	Kindy to Year 4	30 mins	DOJO	02 4329 5225
LEGENDS	Year 5 to 14yrs	45 mins	FAX	02 4329 5226
LEADERS	15yrs & above	60 mins	EMAIL onemartialarts@bigpond.com	
FITNESS	Extreme Fitness	60 mins		
KUMITE	Sparring	60 mins	WEB SITE www.onemartialarts.com.au	
KOBUDO	Weapons	30 mins		
ADVANCE	Senior Grades	60 mins		

Love Peace Truth Non-violence Right-Action