

CLASS TIME TABLE 2009

One Martial Arts

START	MON	TUES	WED	THURS	FRI	SAT
9:00AM						Baby Angels
9:30AM		LEADERS		LEADERS	DIVAS	ANGELS
10:00AM						LEGENDS
10:30AM						LEADERS
11:35AM						KUMITE: Ladies Only
3:15PM	ANGELS	ANGELS	ANGELS	ANGELS	ANGELS	
3:45PM	Baby Angels	ANGELS	ANGELS	ANGELS	Baby Angels	
4:15PM	LEGENDS	LEGENDS	LEGENDS	LEGENDS	LEGENDS	
4:45PM			KUMITE: Legends		KOBUDO LEGENDS	
5:30PM	LEADERS	LEADERS	LEADERS	LEADERS	KOBUDO LEADERS	
7:00PM	KUMITE: Leaders			FITNESS		
8:00PM	LEADERS			LEADERS		
Class		Duration	Description	CONTACTS		GRADINGS
BABY ANGELS		30 mins	PRESCHOOL	Sensei	0404 016 234	1. March 20-21
ANGELS		30 mins	Kindy - Year 4	Dojo	02 4329 5225	2. June 26-27
LEGENDS		30 mins	Year 5 to15yrs	Fax	02 4329 5226	3. Sept 18-19
LEADERS		60 mins	16 yrs & above	EMAIL ADDRESS		4. Dec 11-12
FITNESS	DIVAS-Ladies only Fitness. Sporting wear.	60 mins	Fitness class	onemartialarts@bigpond.com		CAMPS
KUMITE		30-60mins	Sparring	WEB ADDRESS		1. June 20-21
KOBUDO		30-60mins	Weapons	www.onemartialarts.com.au		2. Dec 5-6