

One *Marital Arts Extreme Fitness*

START	MON	TUES	WED	THURS	FRI	SAT
9:00AM						Baby Angels
9:30AM		LEADERS		Baby Angels		ANGELS
10:00AM						LEGENDS
10:30AM		Extreme Fitness		LEADERS		
10:45AM						LEADERS
11:45AM						KUMITE
3:15PM	No Class	No Class	No Class	No Class	No Class	
3:45PM	B.Angels/Angels		ANGELS		ANGELS	
4:00PM		ANGELS		ANGELS		
4:15PM	LEGENDS		Legends Fitness		LEGENDS	
4:30PM		LEGENDS		LEGENDS		
5:00PM	LEADERS		LEADERS		KOBUDO	
5:30PM					ADVANCED	
6:00PM	LEADERS	LEADERS		LEADERS		
7:00PM	KUMITE	Extreme Fitness		Extreme Fitness		
8:00PM	LEADERS			LEADERS		
Class	Duration		Description	CONTACTS		

Love Peace Truth Non-violence Right-Action

SCHOOL HOLIDAY TIME TABLE
APRIL 2010

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Transforming Humanity

BABY ANGELS		30 mins	PRESCHOOL	Sensei	0404 016 234	
ANGELS		30 mins	Kindy - Year 4	Dojo	02 4329 5225	
LEGENDS		45 mins	Year 5 to 14yrs	Fax	02 4329 5226	
LEADERS		60 mins	15yrs & above	EMAIL ADDRESS		
FITNESS		60 mins	Extreme Fitness	onemartialarts@bigpond.com		
KUMITE		60 mins	Sparring	WEB ADDRESS		
KOBUDO		30 mins	Weapons	www.onemartialarts.com.au		

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