

ONE MARTIAL ARTS CLASS SCHEDULE
850 Taraval St. San Francisco (415) 731-9988 www.onemartialarts.com

CARDIO KICKBOXING

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	KICKBOX BAG 9-9:55					
KICKBOX 9:30-10:25		KICKBOX 9:30-10:25		KICKBOX BAG 9:30-10:25		KICKBOX 9:30-10:25
					KICKBOX 11:30-12:30	
PURE CARDIO 6:30-7:25		KICKBOX 6:30-7:25				
	KICKBOX BAG 7:30-8:25		KICKBOX 7:30-8:25	KICKBOX 7:00-7:55		

Effective 2/1/06. Subject to change at any time.