



VERO SALINAS
COACHING

3701 Columbus Street
Bakersfield, CA 93306

verosalinascoaching@gmail.com
Verosalinascoaching.com

2022 CLASS SCHEDULE

SUN

MON

TUES

WED

THURS

FRI

SAT

5:15 PM
GIRLS
SELF-DEFENSE

5:15 PM
GIRLS
SELF-DEFENSE

6:00 PM
BOXING

6:00 PM
BOXING

7:00 PM
TEENS & ADULTS SELF-
DEFENSE

7:00 PM
TEENS & ADULTS SELF-
DEFENSE