



PROACTIVE TIMETABLE RICCARTON

EFFECTIVE SEPTEMBER 2008



PROACTIVE
MARTIAL ARTS

SKILLS FOR LIVING, SKILLS FOR LIFE!

0800 self defence
www.selfdefence.co.nz

RICCARTON

Riccarton Club Inc.
66B Wharenui Rd
3666 000
027 4333 543

CASHMERE

Cashmere Club Inc.
88 Hunter Tce
3666 000
027 4333 543

PAPANUI

Cotswold School
Cotswold Ave
3666 000
027 4333 543

TEMPLETON

Community Centre
Kirk Road
349 4946
027 5227 082

JUNIOR | YOUTH | TEEN | ADULT

MARTIAL ARTS | KARATE | KICKBOXING | BOXING | WEAPONRY | MIXED MARTIAL ARTS

PROACTIVE TIMETABLE - RICCCARTON

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS KARATE	Junior 4-7	4:30 - 5:00PM		4:30 - 5:00PM			
PANTHERS KARATE	Youth 8-11	5:05 - 5:50PM		5:05 - 5:50PM			
XTREME MARTIAL ARTS	Teen 12-15		4:00 - 4:50PM		4:00 - 4:50PM		
ULTIMATE FREESTYLE MARTIAL ARTS (ZDK)	Adult 16+	5:05 - 5:50PM 6:00 - 7:00PM	10:00 - 11:00AM	5:05 - 5:50PM 6:00 - 7:00PM	10:00 - 11:00AM		
BLACK BELT	Adult 16+						9:00 - 9:50AM
PANTHERS KICKBOXING	Youth 8-11			3:45 - 4:30PM		3:45 - 4:30PM	
XTREME KICKBOXING	Teen 12-15		5:00 - 5:50PM		5:00 - 5:50PM		
MUAY THAI KICKBOXING BEGINNER	Adult 16+		12:00 - 1:00PM 6:00 - 6:50PM		12:00 - 1:00PM 6:00 - 6:50PM		11:00AM - 12:00PM
MUAY THAI KICKBOXING INTERMEDIATE / ADVANCED	Adult 16+		12:00 - 1:00PM 7:00 - 8:00PM		12:00 - 1:00PM 7:00 - 8:00PM		11:00AM - 12:00PM
MIXED MARTIAL ARTS (MMA)	Adult 16+	7:10 - 8:10PM		7:10 - 8:10PM			
BOXING SKILLS	Adult 16+		8:10 - 9:00PM			6:00 - 6:50PM	
FIGHT SKILLS PMA YELLOW RANKING +	Adult 16+		8:10 - 9:00PM			7:00 - 7:50PM	
WEAPONRY	Adult 16+	7:10 - 8:10PM					10:00 - 10:50AM

ABOUT PMA

Our full time training facility is located in Riccarton. We also have PMA clubs at Cashmere, Papanui & Templeton.

Additional systems available at our Riccarton branch include:

FIGHT TRAINING

6 Week Block Courses
Dates will be advised

SELF DEFENCE

6 Week Block Courses
Dates will be advised

PERSONAL & GROUP TRAINING

By appointment

For more information on our systems & instructors, visit www.selfdefence.co.nz or pick up a flyer at one of our locations.