



**PROACTIVE**  
MARTIAL ARTS  
SKILLS FOR LIVING, SKILLS FOR LIFE!

**TIMETABLE - RICcarton**  
Riccarton Club Inc.  
66B Wharenui Road  
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[www.selfdefence.co.nz](http://www.selfdefence.co.nz)

| PMA SYSTEMS                                    | AGE                    | MONDAY                         | TUESDAY                          | WEDNESDAY                      | THURSDAY                         | FRIDAY        | SATURDAY        |
|--|------------------------|--------------------------------|----------------------------------|--------------------------------|----------------------------------|---------------|-----------------|
| <b>TIGERS KARATE</b>                           | Junior<br>4-7          | 4:30 - 5:00PM                  |                                  | 4:30 - 5:00PM                  |                                  |               |                 |
| <b>PANTHERS KARATE</b>                         | Youth<br>8-11          | 5:05 - 5:50PM                  |                                  | 5:05 - 5:50PM                  |                                  |               | 9:00 - 9:45AM   |
| <b>XTREME MARTIAL ARTS</b>                     | Teen<br>12-15          |                                | 4:00 - 4:50PM                    |                                | 4:00 - 4:50PM                    |               |                 |
| <b>FREESTYLE MARTIAL ARTS (ZDK)</b>            | Adult<br>16+           | 5:05 - 5:50PM<br>6:00 - 7:00PM | 10:00 - 11:00AM                  | 5:05 - 5:50PM<br>6:00 - 7:00PM |                                  |               |                 |
| <b>PANTHERS KICKBOXING</b>                     | Youth<br>8-11          |                                |                                  | 3:40 - 4:25PM                  |                                  | 3:40 - 4:25PM |                 |
| <b>XTREME KICKBOXING</b>                       | Teen<br>12-15          |                                | 5:00 - 5:50PM                    |                                | 5:00 - 5:50PM                    |               |                 |
| <b>MUAY THAI KICKBOXING BEGINNER</b>           | Adult<br>16+           |                                | 12:00 - 12:50PM<br>6:00 - 6:50PM |                                | 12:00 - 12:50PM<br>6:00 - 6:50PM |               | 11:30 - 12:20PM |
| <b>MUAY THAI KICKBOXING INTERMEDIATE</b>       | Adult<br>16+           |                                | 12:00 - 12:50PM<br>7:00 - 7:50PM |                                | 12:00 - 12:50PM<br>7:00 - 7:50PM |               | 11:30 - 12:20PM |
| <b>MUAY THAI KICKBOXING ADVANCED</b>           | Adult<br>16+           |                                | 12:00 - 12:50PM<br>8:00 - 9:00PM |                                | 12:00 - 12:50PM<br>8:00 - 9:00PM |               | 11:30 - 12:20PM |
| <b>MMA</b>                                     | Adult<br>16+           | 7:10 - 8:00PM                  |                                  | 7:10 - 8:00PM                  |                                  |               |                 |
| <b>BOXING FITNESS</b>                          | Adult<br>16+           | 7:10 - 8:00PM                  |                                  |                                |                                  | 6:00 - 6:50PM |                 |
| <b>FIGHT SKILLS</b><br>PROACTIVE ORANRANKING + | Adult<br>16+           | 8:10 - 9:00PM                  |                                  |                                |                                  | 7:00 - 7:50PM |                 |
| <b>XTREME WEAPONRY</b>                         | Youth/<br>Teen<br>9-15 |                                |                                  |                                |                                  | 4:40 - 5:25PM | 9:45 - 10:30AM  |
| <b>WEAPONRY</b>                                | Adult<br>16+           |                                |                                  | 7:10 - 8:00PM                  |                                  |               | 10:30 - 11:20AM |

Effective 1st May 2010 Closed on Public Holidays and for a short period over Christmas / New Year