



PROACTIVE
MARTIAL ARTS
SKILLS FOR LIVING, SKILLS FOR LIFE!

TIMETABLE - CASHMERE

The Cashmere Club Inc. - 50 Colombo Street
0800 Self Defence / 3857 642 / 027 6857 642
www.selfdefence.co.nz

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIGERS KARATE	Junior 4-7		4:45 - 5:15PM		4:45 - 5:15PM	
PANTHERS KARATE	Youth 8-11		5:15 - 6:00PM		5:15 - 6:00PM	
XTREME MARTIAL ARTS	Teen 12-15		3:55 - 4:45PM		3:55 - 4:45PM	
FREESTYLE MARTIAL ARTS (ZDK)	Adult 16+		6:00 - 6:55PM		6:00 - 6:55PM	
MUAY THAI KICKBOXING	Adult 16+	6:00 - 6:50PM	7:00 - 7:50PM			

Effective 12th January 2015 • Closed on Public Holidays and for a short period over Christmas / New Year