

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 <small>(ZEN DO KAI)</small>	ADULT 16+		6:00 - 6:55PM		6:00 - 6:55PM		
MUAY THAI KICKBOXING	ADULT 16+	6:00 - 6:50PM	7:00 - 7:50PM				



PROACTIVE
MARTIAL ARTS

TIMETABLE

CASHMERE

THE CASHMERE CLUB
50 COLOMBO ST

(03) 385 7642
027 685 7642

WWW.SELFDEFENCE.CO.NZ