

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS KARATE	JUNIOR 4 - 7	4:20 - 4:50PM		4:20 - 4:50PM			
PANTHERS KARATE	YOUTH 8 - 11	5:00 - 5:45PM		5:00 - 5:45PM			
XTREME MARTIAL ARTS	TEEN 12 - 15	6:00 - 6:50PM		6:00 - 6:50PM			
FREESTYLE MARTIAL ARTS <small>(ZEN DO KAI)</small>	ADULT 16+	6:00 - 6:50PM		6:00 - 6:50PM			
MUAY THAI KICKBOXING	ADULT 16+	7:00 - 7:50PM		7:00 - 7:50PM			



PROACTIVE
MARTIAL ARTS

TIMETABLE

MT PLEASANT

MEMORIAL COMMUNITY CENTRE
3 McCORMACKS BAY ROAD

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