



PROACTIVE
MARTIAL ARTS
SKILLS FOR LIVING, SKILLS FOR LIFE!

TIMETABLE - TEMPLETON / PAPANUI / CASHMERE
0800 self defence
www.selfdefence.co.nz

TEMPLETON

Community Centre
Kirk Road
349 4946
027 5227 082

PAPANUI

54a Vagues Road
Papanui
349 4946
027 5227 082

CASHMERE

Cashmere Club Inc.
50 Colombo Street
3666 000
027 4333 543

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIGERS KARATE	Junior 4-7	Templeton 3:30 - 4:05PM	Cashmere 3:30 - 4:00PM Papanui 4:15 - 4:45PM		Cashmere 3:30 - 4:00PM Papanui 4:15 - 4:45PM	Templeton 3:30 - 4:05PM
PANTHERS KARATE	Youth 8-11	Templeton 4:10 - 4:55PM	Cashmere 5:00 - 5:45PM Papanui 4:55 - 5:40PM		Cashmere 5:00 - 5:45PM Papanui 4:55 - 5:40PM	Templeton 4:10 - 4:55PM
XTREME MARTIAL ARTS	Teen 12-15	Templeton 5:00 - 5:50PM	Cashmere 4:00 - 4:50PM Papanui 5:45 - 6:35PM		Cashmere 4:00 - 4:50PM Papanui 5:45 - 6:35PM	Templeton 5:00 - 5:50PM
FREESTYLE MARTIAL ARTS (ZDK)	Adult 16+	Templeton 5:55 - 6:55PM	Cashmere 6:00 - 6:55PM Papanui 6:40 - 7:40PM		Cashmere 6:00 - 6:55PM Papanui 6:40 - 7:40PM	Templeton 5:55 - 6:55PM
XTREME KICKBOXING	Teen 12-15	Cashmere 6:00 - 6:50PM	Cashmere 7:00 - 7:50PM			
MUAY THAI KICKBOXING Beginner	Adult 16+	Cashmere 6:00 - 6:50PM	Cashmere 7:00 - 7:50PM Papanui 7:45 - 8:45PM	Papanui 6:40 - 7:40PM		
MUAY THAI KICKBOXING Advanced	Adult 16+	Cashmere 6:00 - 6:50PM	Cashmere 7:00 - 7:50PM Papanui 7:45 - 8:45PM	Papanui 7:45 - 8:45PM		

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