



PROACTIVE
MARTIAL ARTS

SKILLS FOR LIVING, SKILLS FOR LIFE!

TIMETABLE - TEMPLETON / PAPANUI

0800 self defence

www.selfdefence.co.nz

TEMPLETON

Community Centre

Kirk Road

349 4946

027 5227 082

PAPANUI

60 Vagues Road

Papanui

349 4946

027 5227 082

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIGERS KARATE	Junior 4-7	Templeton 3:30 - 4:05PM	Papanui 3:45 - 4:15PM		Papanui 3:45 - 4:15PM	Templeton 3:30 - 4:05PM
PANTHERS KARATE Beginner	Youth 8-11	Templeton 4:10 - 4:55PM	Papanui 4:20 - 5:05PM		Papanui 4:20 - 5:05PM	Templeton 4:10 - 4:55PM
PANTHERS KARATE Intermediate	Youth 8-11	Templeton 4:10 - 4:55PM	Papanui 5:10 - 5:55PM		Papanui 5:10 - 5:55PM	Templeton 4:10 - 4:55PM
XTREME MARTIAL ARTS	Teen 12-15	Templeton 5:00 - 5:50PM	Papanui 6:00 - 6:50PM		Papanui 6:00 - 6:50PM	Templeton 5:00 - 5:50PM
FREESTYLE MARTIAL ARTS (ZDK)	Adult 16+	Templeton 5:55 - 6:55PM	Papanui 6:55 - 7:55PM		Papanui 6:55 - 7:55PM	Templeton 5:55 - 6:55PM
MUAY THAI KICKBOXING Beginner	Adult 16+		Papanui 8:00 - 9:00PM	Papanui 6:40 - 7:40PM		
MUAY THAI KICKBOXING Advanced	Adult 16+		Papanui 8:00 - 9:00PM	Papanui 7:45 - 8:45PM		

Effective 1st February 2014 • Closed on Public Holidays and for a short period over Christmas / New Year