

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 (ZEN DO KAI)	ADULT 16+	Templeton 5:55 - 6:55PM	Papanui 6:55 - 7:55PM		Papanui 6:55 - 7:55PM	Templeton 5:55 - 6:55PM	
XTREME KICKBOXING	YOUTH 8 - 15			Papanui 4:50 - 5:40PM			
MUAY THAI KICKBOXING	ADULT 16+		Papanui 8:00 - 9:00PM	Papanui 7:00 - 8:00PM		Templeton 7:30 - 8:30PM	
KRAV MAGA	ADULT 16+			Papanui 5:50 - 6:50PM			



PROACTIVE
MARTIAL ARTS

TIMETABLE

TEMPLETON

Community Centre
Kirk Road

PAPANUI

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Papanui

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