

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	5:10 - 6:00PM		5:10 - 6:00PM			
FREESTYLE MARTIAL ARTS (ZDK)	Adult 16+	6:00 - 7:00PM		6:00 - 7:00PM			
XTREME KICKBOXING	Youth/ Teen 8-15		5:00 - 5:50PM		5:00 - 5:50PM		
MUAY THAI KICKBOXING BEGINNER	Adult 16+		12:05 - 12:50PM 6:00 - 6:50PM		12:05 - 12:50PM 6:00 - 6:50PM		10:00 - 11:00AM
MUAY THAI KICKBOXING INTERMEDIATE/ADVANCED	Adult 16+		12:05 - 12:50PM 7:00 - 8:00PM		12:05 - 12:50PM 7:00 - 8:00PM		10:00 - 11:00AM
SPARRING /THAI GRAPPLING INTERMEDIATE/ADVANCED	Adult 16+		GRAPPLING/CLINCHING 8:00 - 8:45PM				SPARRING 11:00 - 11:45AM
BOXING FITNESS	Adult 16+	7:10 - 8:00PM		7:10 - 8:00PM			
FIGHT CLUB INVITE ONLY	Adult 16+	8:00 - 9:00PM		6:00 - 7:00PM			

Effective 1st March 2016 • Closed on Public Holidays and for a short period over Christmas / New Year



PROACTIVE
MARTIAL ARTS
SKILLS FOR LIVING, SKILLS FOR LIFE!

TIMETABLE - RICCARTON / MIDDLETON

244 Annex Road

0800 Self Defence

www.selfdefence.co.nz