



# PROACTIVE

MARTIAL ARTS

SKILLS FOR LIVING, SKILLS FOR LIFE!

## TIMETABLE - SOCKBURN

6 Cable Street

(off Blenheim Rd)

0800 Self Defence

[www.selfdefence.co.nz](http://www.selfdefence.co.nz)

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TIGERS KARATE</b>	Junior 4-7	4:30 - 5:00PM		4:30 - 5:00PM			
<b>PANTHERS KARATE</b>	Youth 8-11	5:05 - 5:50PM		5:05 - 5:50PM			9:00 - 9:45AM
<b>XTREME MARTIAL ARTS</b>	Teen 12-15		4:00 - 4:50PM		4:00 - 4:50PM		
<b>FREESTYLE MARTIAL ARTS (ZDK)</b>	Adult 16+	6:00 - 7:00PM		6:00 - 7:00PM			
<b>XTREME KICKBOXING</b>	Teen 12-15		5:00 - 5:50PM		5:00 - 5:50PM		
<b>MUAY THAI KICKBOXING BEGINNER</b>	Adult 16+		12:05 - 12:50PM 6:00 - 6:50PM		12:05 - 12:50PM 6:00 - 6:50PM		11:00 - 12:00PM
<b>MUAY THAI KICKBOXING INTERMEDIATE</b>	Adult 16+		12:05 - 12:50PM 7:00 - 7:50PM		12:05 - 12:50PM 7:00 - 7:50PM		11:00 - 12:00PM
<b>MUAY THAI KICKBOXING ADVANCED</b>	Adult 16+		12:05 - 12:50PM 8:00 - 9:00PM		12:05 - 12:50PM 8:00 - 9:00PM		11:00 - 12:00PM
<b>MMA</b>	Adult 16+	7:50- 8:40PM		7:50 - 8:40PM			
<b>BOXING FITNESS</b>	Adult 16+	7:00 - 7:50PM		7:00 - 7:50PM			
<b>FIGHT SKILLS PROACTIVE ORANGE RANKING +</b>	Adult 16+	8:00 - 8:50PM		8:00 - 8:50PM			
<b>XTREME WEAPONRY</b>	Youth/ Teen 9-15	3:40 - 4:25PM					9:45 - 10:30AM
<b>WEAPONRY</b>	Adult 16+						9:45 - 10:45AM

Effective 9th January 2012 • Closed on Public Holidays and for a short period over Christmas / New Year