

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY TIGERS KARATE	JUNIOR 3 - 4			4:10 - 4:40PM			
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 <small>(ZEN DO KAI)</small>	ADULT 16+	6:00 - 7:00PM		6:00 - 7:00PM			
BLACK BELT	ADULT 16+	6:00 - 7:00PM		6:00 - 7:00PM			
KRAV MAGA	ADULT 16+ TEEN 12+	7:10 - 8:10PM		7:10 - 8:10PM			
XTREME KICKBOXING	YOUTH/ TEEN 8 - 15		5:00 - 5:50PM		5:00 - 5:50PM		
MUAY THAI KICKBOXING <small>BEGINNER</small>	ADULT 16+		12:05 - 12:50PM 6:00 - 6:50PM	6:00 - 6:50AM	12:05 - 12:50PM 6:00 - 6:50PM		10:00 - 11:00AM
MUAY THAI KICKBOXING <small>INTERMEDIATE/ADVANCED</small>	ADULT 16+		12:05 - 12:50PM 7:00 - 8:00PM	6:00 - 6:50AM	12:05 - 12:50PM 7:00 - 8:00PM		10:00 - 11:00AM
BOXING FIT	ADULT 16+	7:10 - 8:00PM		7:10 - 8:00PM			11:00 - 11:45AM
FIGHT CLUB <small>INVITE ONLY</small>	ADULT 16+		8:00 - 8:45PM				8:30 - 9:45AM



**PROACTIVE  
MARTIAL ARTS**

**TIMETABLE**

**RICCARTON/  
MIDDLETON**

**244 ANNEX RD**

**0800 SELF DEFENCE  
0274 333 543**

**WWW.SELFDEFENCE.CO.NZ**