

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS KARATE	JUNIOR 4 - 7	4:30 - 5:00PM		4:30 - 5:00PM			
PANTHERS KARATE	YOUTH 8 - 11	5:00 - 5:45PM		5:00 - 5:45PM			
XTREME MARTIAL ARTS	TEEN 12 - 15	6:00 - 6:50PM		6:00 - 6:50PM			
FREESTYLE MARTIAL ARTS (ZEN DO KAI)	ADULT 16+	6:00 - 6:50PM		6:00 - 6:50PM			
MUAY THAI KICKBOXING	ADULT 16+						



**PROACTIVE**  
MARTIAL ARTS

**TIMETABLE**

**MT PLEASANT**

MEMORIAL COMMUNITY CENTRE  
3 McCORMACKS BAY ROAD

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