

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 <small>(ZEN DO KAI)</small>	ADULT 16+	6:00 - 6:50PM			6:00 - 6:50PM		
MUAY THAI KICKBOXING	ADULT 16+						



PROACTIVE
MARTIAL ARTS

TIMETABLE

HALSWELL

KINGHTS STREAM PRIMARY
MINGIMINGI HAUTOA
1 KILLARNEY AVENUE HALSWELL

(03) 366 5154

027 255 8761

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