

PMA SYSTEMS	AGE	MONDAY	WEDNESDAY	THURSDAY
TIGERS KARATE	JUNIOR 4-7	4:00 - 4:30 PM	4:00 - 4:30 PM	
PANTHERS KARATE	YOUTH 8-11	4:40 - 5:30 PM	4:40 - 5:30 PM	
XTREME MARTIAL ARTS	TEEN 12-15	5:40 - 6:40 PM	5:35 - 6:35 PM	
FREESTYLE MARTIAL ARTS (ZEN DO KAI)	ADULTS 16+	5:40 - 6:40 PM	6:40 - 7:40 PM	
MUAY THAI KICKBOXING BEGINNER - ADVANCED	ADULTS 16+		7:45 - 8:45 PM	7:30 - 8:30 PM



PROACTIVE
MARTIAL ARTS

TIMETABLE

ROLLESTON

LEMONWOOD GROVE SCHOOL
14 LEMONWOOD GROVE DR

027 389 8179

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