



**PROACTIVE**  
MARTIAL ARTS

**RICCARTON**  
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PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TINY TIGERS KARATE</b>	JUNIOR 3 - 4			3.50 - 4.20PM			
<b>TIGERS KARATE</b>	JUNIOR 5 - 7	4:25 - 4:55PM		4:25 - 4:55PM			
<b>PANTHERS KARATE</b>	YOUTH 8 - 11	5:05 - 5:50PM		5:05 - 5:50PM			
<b>XTREME KICKBOXING</b>	YOUTH/TEEN 8 - 15		5:00 - 5:50PM		5:00 - 5:50PM		
<b>XTREME MARTIAL ARTS</b>	TEEN 12 - 15	5:30 - 6:20PM		5:30 - 6:20PM			
<b>FREESTYLE MARTIAL ARTS</b> (ZEN DO KAI)	ADULT 16+	6:20 - 7:15PM		6:20 - 7:15PM			
<b>KRAV MAGA</b>	ADULT 16+	7:20 - 8:15PM		7:20 - 8:15PM			
<b>MUAY THAI KICKBOXING</b> BEGINNER	ADULT 16+		12:05 - 12:50PM 6:00 - 6:50PM		12:05 - 12:50PM 6:00 - 6:50PM		10:00 - 11:00AM
<b>MUAY THAI KICKBOXING</b> INTERMEDIATE/ADVANCED	ADULT 16+		12:05 - 12:50PM 7:00 - 8:00PM		12:05 - 12:50PM 7:00 - 8:00PM	RUN 5:30 - 6:00PM CLASS 6:00 - 7:00PM	10:00 - 11:00AM
<b>BOXING FIT</b>	ADULT 16+	7:25 - 8:15PM		7:25 - 8:15PM			
<b>OPEN MAT</b> FREE FOR ELITE PLAN MEMBERS	ADULT 16+				8:00PM - 8:30PM		11:00AM - 12:00PM
<b>FIGHT CLUB</b> INVITE ONLY	ADULT 16+		8:00 - 8:30PM				8:30 - 9:45AM