

**THE CASHMERE CLUB  
50 COLOMBO STREET**



**PROACTIVE  
MARTIAL ARTS**

**03 385 7642 OR 027 6857 642  
WWW.SELFDEFENCE.CO.NZ**

<b>PMA SYSTEMS</b>	<b>AGE</b>	<b>TUESDAY</b>	<b>THURSDAY</b>
<b>TIGERS KARATE</b>	<b>JUNIOR 4-7</b>	4:45 - 5:15 PM	4:45 - 5:15 PM
<b>PANTHERS KARATE</b>	<b>YOUTH 8-11</b>	5:15 - 6:00 PM	5:15 - 6:00 PM
<b>XTREME MARTIAL ARTS</b>	<b>TEEN 12-15</b>	3:55 - 4:45 PM	3:55 - 4:45 PM
<b>FREESTYLE MARTIAL ARTS (ZEN DO KAI)</b>	<b>ADULTS 16+</b>	6:00 - 6:55 PM	6:00 - 6:55 PM
<b>MUAY THAI KICKBOXING</b>	<b>ADULTS 16+</b>	7:00 - 7:50 PM	7:00 - 7:50 PM