



RICCARTON
107 BLENHEIM RD, RICCARTON

PROACTIVE
MARTIAL ARTS

(03) 339 6660
WWW.SELFDEFENCE.CO.NZ

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY TIGERS KARATE	JUNIOR 3 - 4			3.50 - 4.20PM			
TIGERS KARATE	JUNIOR 5 - 7	4:25 - 4:55PM		4:25 - 4:55PM			
PANTHERS KARATE	YOUTH 8 - 11	5:00 - 5:45PM		5:00 - 5:45PM			
XTREME KICKBOXING	YOUTH/TEEN 8 - 15		5:00 - 5:50PM		5:00 - 5:50PM		
XTREME MARTIAL ARTS	TEEN 12 - 15	5:40 - 6:30PM		5:40 - 6:30PM			
FREESTYLE MARTIAL ARTS (ZEN DO KAI)	ADULT 16+	6:15 - 7:15PM		6:15 - 7:15PM			
KRAV MAGA	ADULT 16+	7:20 - 8:20PM		7:20 - 8:20PM			
MUAY THAI KICKBOXING BEGINNER	ADULT 16+		12:05 - 12:50PM 6:00 - 6:50PM		12:05 - 12:50PM 6:00 - 6:50PM		10:00 - 11:00AM
MUAY THAI KICKBOXING 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
BOXING FIT	ADULT 16+	7:25 - 8:25PM		7:25 - 8:25PM			
ESKRIMA	ADULT 16+					6:00 - 7:00 PM	
OPEN MAT FREE FOR PREMIUM PLAN MEMBERS	ADULT 16+				8:00PM - 8:30PM		11:00AM - 12:00PM
FIGHT CLUB INVITE ONLY	ADULT 16+		8:00 - 8:30PM				8:30 - 9:45AM