

PMA SYSTEMS	AGE	MONDAY	WEDNESDAY
TIGERS KARATE	JUNIOR 4-7	4:30 - 5:00 PM	4:30 - 5:00 PM
PANTHERS KARATE	YOUTH 8-11	5:00 - 5:45 PM	5:00 - 5:45 PM
XTREME MARTIAL ARTS	TEEN 12-15	6:00 - 6:50 PM	6:00 - 6:50 PM
FREESTYLE MARTIAL ARTS (ZEN DO KAI)	ADULTS 16+	6:00 - 6:50 PM	6:00 - 6:50 PM
MUAY THAI KICKBOXING	ADULTS 16+	7:00 - 7:50 PM	7:00 - 7:50 PM



PROACTIVE
MARTIAL ARTS

TIMETABLE

MT PLEASANT

MT PLEASANT COMMUNITY CENTRE
3 MCCORMACKS BAY RD,
MOUNT PLEASANT

027 262 2248
WWW.SELFDEFENCE.CO.NZ