



PROACTIVE TIMETABLE CASHMERE - PAPANUI - TEMPLETON

EFFECTIVE 20th JULY 2009

We are closed on Public Holidays and for a short period over Christmas/New Year



PROACTIVE
MARTIAL ARTS
SKILLS FOR LIVING, SKILLS FOR LIFE!

0800 self defence
www.selfdefence.co.nz

RICCARTON

Riccarton Club Inc.
66B Wharenui Rd
3666 000
027 4333 543

CASHMERE

Cashmere Club Inc.
88 Hunter Tce
3666 000
027 4333 543

PAPANUI

Cotswold School
Cotswold Ave
349 4946
027 5227 082

TEMPLETON

Community Centre
Kirk Road
349 4946
027 5227 082

JUNIOR | YOUTH | TEEN | ADULT

MARTIAL ARTS | KARATE | KICKBOXING | BOXING | WEAPONRY | MIXED MARTIAL ARTS

PROACTIVE TIMETABLE - CASHMERE - PAPANUI - TEMPLETON

PMA SYSTEMS	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIGERS KARATE	Junior 4-7	Templeton 3:40 - 4:10PM	Cashmere 4:30 - 5:00PM Papanui 4:30 - 5:00PM	Papanui 4:30 - 5:00PM	Cashmere 4:30 - 5:00PM	Templeton 3:40 - 4:10PM
PANTHERS KARATE	Youth 8-11	Templeton 4:30 - 5:15PM	Cashmere 5:05 - 5:50PM Papanui 5:05 - 5:50PM	Papanui 5:05 - 5:50PM	Cashmere 5:05 - 5:50PM	Templeton 4:30 - 5:15PM
XTREME MARTIAL ARTS	Teen 12-15		Papanui 5:50 - 6:40PM	Papanui 5:50 - 6:40PM		
ULTIMATE FREESTYLE MARTIAL ARTS (ZDK)	Adult 16+	Templeton 5:30 - 6:30PM	Cashmere 6:00 - 7:00PM Papanui 6:45 - 7:45PM	Papanui 6:45 - 7:45PM	Cashmere 6:00 - 7:00PM	Templeton 5:45 - 6:45PM
XTREME KICKBOXING	Teen 12-15	Cashmere 5:45 - 6:45PM	Cashmere 7:00 - 7:50PM			
MUAY THAI KICKBOXING	Adult 16+	Cashmere 5:45 - 6:45PM	Cashmere 7:00 - 7:50PM Papanui 7:45 - 8:45PM	Papanui 7:45 - 8:45PM		

ABOUT PMA

We also have a full time training facility at our Riccarton Branch - please ask for a timetable.

Additional systems available at our Riccarton Branch:

- **Weaponry**
- **Boxing Skills**
- **Fight Skills**
- **Panthers Kickboxing**
- **Teenage Martial Arts**
- **Teenage Kickboxing**
- **MMA - Grappling**
- **Ring Training**
- **Personal Training**
- **School Groups**
- **Corporate Groups**
- **Sporting Groups**
- **Fitness Courses**
- **Self Defence Courses**

For more information on our systems & instructors, visit www.selfdefence.co.nz or pick up a flyer at one of our locations.