

Registration & Memberships

Registration to 31st December

NEW Joining: \$100 | **Annual Renewal:** \$50

Silver Membership

One nominated class per week.

Junior	Paid in Full	Fortnightly EFT
1 month	\$95	n/a
6 months	\$489	\$38
12 months	\$779	\$30
Adult	Paid in Full	Fortnightly EFT
1 month	\$105	n/a
6 months	\$545	\$42
12 months	\$895	\$35

Gold Membership

Two nominated classes per week.

Junior	Paid in Full	Fortnightly EFT
1 month	\$125	n/a
6 months	\$649	\$50
12 months	\$1089	\$42
Adult	Paid in Full	Fortnightly EFT
1 month	\$135	n/a
6 months	\$714	\$55
12 months	\$1189	\$46

Platinum Membership

Three classes per week. Free Open Gym & Cage Fit.

Bonus: up to three extra nominated classes per week.

Junior	Paid in Full	Fortnightly EFT
1 month	\$155	n/a
6 months	\$844	\$65
12 months	\$1449	\$56
Adult	Paid in Full	Fortnightly EFT
1 month	\$165	n/a
6 months	\$895	\$69
12 months	\$1549	\$60

Note: All prices include GST.
Discounts for families and concessions.
Fortnightly EFT - set up and transaction fees apply.



PROACTIVE

www.proactiveselfdefence.com

- World Class purpose built Academy
- Professional Qualified Instructors
- Your choice, Your style
- Beginners to Advanced & Competition
- Personal Training by appointment
- Pro Shop, Equipment & Supplies



PROACTIVE ACADEMY

8 / 8-20 Brock Street

Thomastown VIC 3074 (Mel.Ref. 9 B10)

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MARTIAL ARTS
COMBAT SPORTS
FITNESS
SELF DEFENCE



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CLASS SCHEDULE &
MEMBERSHIPS



PROACTIVE SCHEDULE

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(effective 01/05/2013)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Open Gym (Cage)		Open Gym (Cage)		Open Gym (Cage)		Open Gym (Cage)		Morning Cardio Circuit		Team Freestyle	
Self Train / Circuit	3:00-5:15pm	Self Train / Circuit	3:00-5:30pm	Self Train / Circuit	3:00-6:00pm	Self Train / Circuit	3:00-5:30pm	Casual rates apply	10:00-11:00am	See calendar	8:15-9:30am
AFMA Little Dragons		MTK Junior (Zen)		AFMA Little Dragons		AFMA Junior Open		Open Gym (Cage)		MTK Junior	
Ages 4 to 7	4:15-4:55pm	Ages to 13	5:00-5:45pm	Ages 4 to 7	5:10-5:50pm	Yellow to Black Bar	4:45-5:35pm	Self Train / Circuit	4:00-7:30pm	Ages 8 to 13	9:20-10:05am
MTK Junior		ProActive Top Team		AFMA Junior/Interm.		MTK Junior		X-Press Workout		AFMA Little Dragons	
Ages 8 to 13	5:15-6:00pm	Competitive Sparring	5:30-6:30pm	Blue to Black Bar	5:45-6:35pm	Ages 8 to 13	5:35-6:20pm	5 x 2 Minute rounds	4:00-7:30pm	Ages 4 to 7	9:25-10:05am
AFMA Junior Advanced		AFMA Little Dragons		Cardio Kickboxing		AFMA Little Dragons		ProActive Top Team		X-Treme Martial Arts	
Black Belt Class	5:45-6:35pm	Ages 4 to 7	5:40-6:20pm	MTK Fitness Circuit	6:00-6:45pm	Ages 4 to 7	5:40-6:20pm	Self Training	4:00-7:30pm	Tournament Skills	10:00-10:45am
Cardio Kickboxing		AFMA Junior Beginner/Nov.		AFMA Novice Junior/Adult		AFMA Junior Open		PRO-Shop		Cardio Kickboxing	
MTK Fitness Circuit	6:00-6:45pm	White to Red	6:15-7:05pm	White to Red	6:30-7:20pm	Novice, Int. Advanced	6:15-7:05pm	M.A & Fitness Equip.	4:00-7:30pm	MTK Fitness Circuit	10:00-10:50am
AFMA Novice Junior/Adult		Boxing		MTK Novice/Beginners		Chick-Boxing		Personal Training		AFMA Intermed./Advanced	
White to Red	6:30-7:20pm	Technical Skills	6:15-7:05pm	Muay Thai Skills	6:45-7:35pm	Women Only MTK	6:15-7:05pm	By appointment	4:00-7:30pm	Junior/Adult	10:45-11:35am
MTK Novice/Beginners		MTK Open		AFMA Interm./Advanced		X-Treme Martial Arts		BJJ No-Gi Grappling		MTK Open	
Muay Thai Skills	6:45-7:35pm	Novice/Intermediate	7:00-7:50pm	Blue to Black & Dan	7:15-8:15pm	XMA Extreme	7:00-7:45pm	Beginner & Intermed	7:00-8:00pm	Skills & Drills	10:45-11:35am
AFMA Interm. Junior/Adult		AFMA Interm./Advanced		MTK Interm./Advanced		MTK Open		Gradings		AFMA Novice Junior/Adult	
Blue to Brown	7:15-8:05pm	Junior/Adult	7:00-7:50pm	Muay Thai Skills	7:30-8:25pm	Intermed/Advanced	7:00-7:50pm	AFMA, Boxing & MTK	See Calendar	White to Red	11:30-12:15pm
MTK Interm./Advanced		AFMA Adult Novice/Interm.		Cage Fitness		AFMA Adult Open		Children's Birthday Parties		Combat Open Gym (Cage)	
Muay Thai Skills	7:30-8:2pm	White to Brown	7:45-8:35pm	No Partners/Contact	8:25-8:55pm	All Levels	7:45-8:35pm	XMA, Disco Themes	Bookings Req.	Instructor on hand	11:30-12:15pm
AFMA Adult Advanced		Cardio Kickboxing		Boxing		Cardio Kickboxing		PRO-Shop		Personal & Group Training	
Black Belt Class	8:00-9:00pm	Fitness-Strength-Tone	7:45-8:30pm	Skills, Drills & Spar	8:15-9:05pm	Fitness-Strength-Tone	7:45-8:30pm	Martial Arts & Fitness Supplies		By appointment	
Boxing		Cage Fitness		Personal Training		Private Group Training		Sports Clubs X-Training		PRO-Shop	
Skills, Drills & Spar	8:15-9:05pm	No Partners/Contact	8:30-9:00pm	By appointment		By appointment		Private Group		Martial Arts & Fitness Supplies	

Class Styles:
 Cardio Fitness Combat Sports Martial Arts

Note: Schedule is subject to change. Academy closed on Public Holidays, & Saturdays of nominated long weekends. Open school holidays; closed for two weeks over Christmas - New Year Period. Classes must be nominated as they are capped to ensure quality instruction (instructor-student ratio). Members may upgrade or change classes upon application. Missed Class Policy: make up classes available on condition that prior written notice is given & class availability exists. Full details, terms & conditions refer to training agreement.