



PROACTIVE SCHEDULE

www.proactiveselfdefence.com

(effective 01/03/2010)

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------------------------------|-------------|--------------------------------|-------------|----------------------------|-------------|----------------------|-------------|-------------------------------------|---------------|---------------------------|---------------|
| Open Gym (Cage) | | Open Gym (Cage) | | Open Gym (Cage) | | Open Gym (Cage) | | Open Gym (Cage) | | Team Freestyle | |
| Self Train / Circuit | 4:00-6:00pm | Self Train / Circuit | 4:00-6:00pm | Self Train / Circuit | 4:00-6:00pm | Self Train / Circuit | 4:00-5:35pm | Self Train / Circuit | 4:00-7:00pm | See calendar | 8:15-9:30am |
| AFMA Little Dragons | | Sparring | | AFMA Little Dragons | | AFMA Little Dragons | | Fight Club | | AFMA Little Dragons | |
| Ages 4 to 7 | 4:10-4:45pm | Skills & Drills | 5:30-6:15pm | Ages 4 to 7 | 5:10-5:45pm | Ages 4 to 7 | 5:40-6:15pm | Competitive Sparring | 5:30-6:30pm | Ages 4 to 7 | 9:25-10:00am |
| AFMA Junior Advanced | | Super Little Dragons | | AFMA Junior/Intermediate | | MTK Junior | | Personal Training | | MTK Junior | |
| Black Bar to Dan | 5:45-6:30pm | Red Belts & Above | 5:40-6:15pm | Blue to Black Bar | 5:45-6:30pm | Ages 8 to 13 | 5:35-6:15pm | By appointment | | Ages 8 to 13 | 9:20-10:00am |
| Cardio Kickboxing | | AFMA Junior Novice | | Cardio Kickboxing | | AFMA Junior Open | | BJJ (Brazilian Jiu-Jitsu) | | X-Treme Martial Arts | |
| Fitness Circuit | 6:00-6:45pm | White to Red | 6:15-7:00pm | MTK Fitness Circuit | 6:00-6:45pm | Yellow to Black | 6:15-7:00pm | Coming Soon, Register your interest | | Tournament Skills | 10:00-10:45am |
| AFMA Novice Junior/Adult | | Boxing | | AFMA Novice Junior/Adult | | Chick-Boxing | | Traditional Sword | | Cardio Kickboxing | |
| White to Red | 6:30-7:15pm | Technical Skills | 6:15-7:00pm | White to Red | 6:30-7:15pm | Women Only | 6:15-7:00pm | Coming Soon, Register your interest | | Fitness Circuit | 10:00-10:45am |
| MTK Novice | | MTK Open | | MTK Novice | | X-Treme Martial Arts | | Break-Dance/Capoeira | | AFMA Intermed./Advanced | |
| Muay Thai Skills | 6:45-7:30pm | Novice/Intermediate | 7:00-7:45pm | Muay Thai Skills | 6:45-7:30pm | XMA Extreme | 7:00-7:45pm | Register your interest | | Junior/Adult | 10:45-11:30am |
| AFMA Intermediate Junior/Adult | | X-Treme Martial Arts | | AFMA Intermediate Advanced | | MTK Open | | Private Group Training | | MTK Open | |
| Blue to Brown | 7:15-8:00pm | XMA Foundation | 7:00-7:45pm | Blue to Black & Dan | 7:15-8:00pm | Intermed/Advanced | 7:00-7:45pm | By appointment | | Skills & Drills | 10:45-11:30am |
| MTK Intermediate/Advanced | | AFMA Adult Novice/Intermediate | | MTK Intermediate/Advanced | | AFMA Adult Open | | Gradings | | AFMA Novice Junior/Adult | |
| Muay Thai Skills | 7:30-8:15pm | White to Brown | 7:45-8:30pm | Muay Thai Skills | 7:30-8:15pm | All Levels | 7:45-8:30pm | AFMA & MTK | See calendar | White to Red | 11:30-12:15pm |
| AFMA Adult Advanced | | Cardio Kickboxing | | MMA (Mixed Martial Arts) | | Cardio Kickboxing | | Children's Birthday Parties | | Boxing | |
| Black Belt Class | 8:00-9:00pm | Fitness & Strength | 7:45-8:30pm | Grappling/Takedown | 8:15-9:00pm | Fitness & Strength | 7:45-8:30pm | XMA, Disco Themes | Bookings Req. | Skills & Circuit | 11:30-12:15pm |
| Boxing | | Personal Training | | Boxing | | Personal Training | | PRO-Shop | | Personal & Group Training | |
| Skills & Drills | 8:15-9:00pm | By appointment | | Skills Drills & Circuit | 8:15-9:00pm | By appointment | | Martial Arts & Fitness Supplies | | By appointment | |

Note: Schedule is subject to change. Academy closed on Public Holidays, & Saturdays of long weekends. Open school holidays; closed for two weeks over Christmas - New Year period
 Academy classes must be nominated as they are capped to ensure quality instruction and 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 & availability exists. Full details, terms & conditions refer to training agreement.

Registration & Memberships

Registration to 31st December

NEW Joining: \$100.00 | **Annual Renewal:** \$50.00

Silver Membership

One nominated class per week.

| Junior | Paid in Full | Fortnightly EFT |
|-----------|--------------|-----------------|
| 1 month | 95.00 | n/a |
| 6 months | 489.00 | 37.95 |
| 12 months | 779.00 | 29.95 |
| Adult | Paid in Full | Fortnightly EFT |
| 1 month | 105.00 | n/a |
| 6 months | 545.00 | 41.95 |
| 12 months | 895.00 | 34.45 |

Gold Membership

Two nominated classes per week.

| Junior | Paid in Full | Fortnightly EFT |
|-----------|--------------|-----------------|
| 1 month | 125.00 | n/a |
| 6 months | 649.00 | 49.95 |
| 12 months | 1089.00 | 41.95 |
| Adult | Paid in Full | Fortnightly EFT |
| 1 month | 135.00 | n/a |
| 6 months | 714.00 | 54.95 |
| 12 months | 1189.00 | 45.95 |

Platinum Membership

Three nominated classes per week. Free Open Gym.

Bonus: up to three extra nominated classes per week.

| Junior | Paid in Full | Fortnightly EFT |
|-----------|--------------|-----------------|
| 1 month | 155.00 | n/a |
| 6 months | 844.00 | 64.95 |
| 12 months | 1449.00 | 55.95 |
| Adult | Paid in Full | Fortnightly EFT |
| 1 month | 165.00 | n/a |
| 6 months | 895.00 | 68.95 |
| 12 months | 1549.00 | 59.95 |

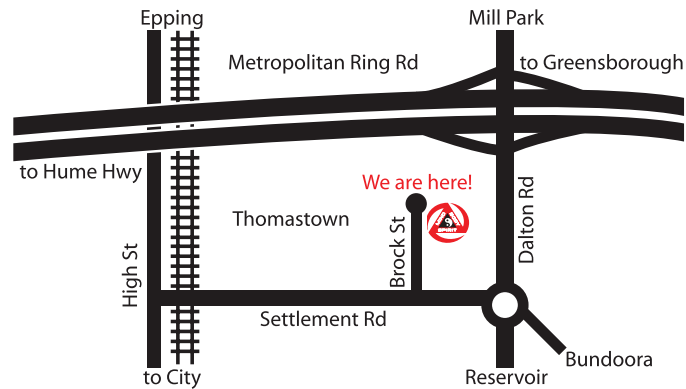
Note: All prices include GST.
Excellent discounts for families and concessions.
Fortnightly EFT - set up and transaction fees apply.



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



PROACTIVE

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CLASS SCHEDULE &
MEMBERSHIPS