



NICHOLLS FIELD TIMETABLE

The Martial Arts Centre,
Nicholls field pavilion,
Nicholls field,
Harlow, Essex,
CM18 6DY

0800 183 0383
admin@kazenkai.com
www.kazenkai.com

MONDAY

Adult Kick Boxing
Adult Karate
Kazen Combat Fit
Children's Karate Tots (4 & 5 yrs)
Children's Karate Beginners (6 yrs +)
Children's Karate Intermediate (6 yrs +)
Youth Karate Beginners (11 yrs +)
Kick Boxing Beginners (8 yrs +)
Teen/Adult Karate
Teen/Adult Kick Boxing

TIME

9:15am - 10:15am
10:15am - 11:15am
11:15am - 12:00pm
3:45pm - 4:15pm
4:25pm - 5:10pm
5:15pm - 6:00pm
6:00pm - 6:45pm
6:45pm - 7:30pm
7:30pm - 8:30pm
8:30pm - 9:30pm

TUESDAY

Kick Boxing Cubs (5, 6 & 7 yrs)
Children's Karate Beginners (6 yrs +)
Children's Karate Intermediate (6 yrs +)
Children's Karate Advanced (6 yrs +)
Kick Boxing Beginners (8 yrs +)
Teen/Adult Kick Boxing
Teen/Adult Karate

TIME

3:45pm - 4:15pm
4:25pm - 5:10pm
5:15pm - 6:00pm
6:00pm - 6:45pm
6:45pm - 7:30pm
7:30pm - 8:30pm
8:30pm - 9:30pm

WEDNESDAY

Adult Karate
Adult Kick Boxing
Kazen Combat Fit
Children's Circuit Class (6 yrs +)
Children's Karate Beginners (6 yrs +)
Children's Karate Intermediate (6 yrs +)
Children's Karate Advanced (6 yrs +)
Youth Kick Boxing (8 yrs +)
Teen/Adult Karate
Kazen Ultimate combat Circuit

TIME

9:15am - 10:15am
10:15am - 11:15am
11:15am - 12:00pm
3:45pm - 4:15pm
4:25pm - 5:10pm
5:15pm - 6:00pm
6:00pm - 6:45pm
6:45pm - 7:30pm
7:30pm - 8:30pm
8:30pm - 9:30pm

THURSDAY

Children's Karate Tots (4 & 5 yrs)
Children's Karate Beginners (6 yrs +)
Children's Karate Intermediate (6 yrs +)
Children's Karate Advanced (6 yrs +)
Youth Kick Boxing (8 yrs +)
Teen/Adult Karate
Teen/Adult Kick Boxing

TIME

3:45pm - 4:15pm
4:25pm - 5:10pm
5:15pm - 6:00pm
6:00pm - 6:45pm
6:45pm - 7:30pm
7:30pm - 8:30pm
8:30pm - 9:30pm

FRIDAY

Children's Karate Tots (4 & 5 yrs)
Children's Karate Beginners (6 yrs +)
Children's Karate Intermediate (6 yrs +)
Children's Karate Advanced (6 yrs +)
Youth Kick Boxing (8 yrs +)
Teen/Adult Kick Boxing
Teen/Adult Karate

TIME

3:45pm - 4:15pm
4:25pm - 5:10pm
5:15pm - 6:00pm
6:00pm - 6:45pm
6:45pm - 7:30pm
7:30pm - 8:30pm
8:30pm - 9:30pm

SATURDAY

Karate Tots (4 & 5 yrs)
Family Karate (6 yrs +)
Family Kick Boxing (8 yrs +)
Fighting Squad
Kata Squad
Closed Squad
Family Karate (6 yrs +)
Family Kick Boxing (8 yrs +)

TIME

9:15am - 9:45am
9:55am - 10:55am
11:00am - 12:00pm
12:00pm - 12:45pm
12:45pm - 1:30pm
1:30pm - 2:00pm
2:00pm - 3:00pm
3:00pm - 4:00pm

SUNDAY

Pilates

TIME

8:45am - 9:45am