



KAZEN KAI MARTIAL ARTS CENTRE

KARATE & KICK BOXING

**CLASSES &
ONE-TO-ONE AVAILABLE
FOR ALL AGES AND ABILITIES**

**HARLOW'S FULL-TIME MARTIAL ARTS CENTRE
NICHOLLS FIELD CM18 6DY**

WWW.KAZENKAI.COM

01277 262 800



HARLOW TIMETABLE

KARATE

TOTS (4 & 5yrs)

Monday, Thursday & Friday 4:30pm - 5:00pm
Saturday 9:15am - 9:45am

CHILDREN'S (6yrs+, up to & incl. Yellow Belt)

Monday, Tuesday, Wednesday, Thursday & Friday 5:00pm - 5:45pm

CHILDREN'S (6yrs+, Orange stripe incl. and above)

Monday, Tuesday, Wednesday, Thursday & Friday 5:45pm - 6:30pm

ALL AGES (6yrs+, All abilities)

Wednesday 9:30am - 10:30am
Saturday 9:55am - 10:55am

ADULT (14yrs+, All abilities)

Monday, Wednesday & Thursday 7:30pm - 8:30pm
Tuesday & Friday 8:30pm - 9:30pm

KARATE SQUAD

KUMITE SQUAD

Saturday 12:00pm - 12:45pm

KATA SQUAD

Saturday 12:45pm - 1:30pm

KICK BOXING

YOUTH (8-13yrs, All Abilities)

Monday, Tuesday, Wednesday, Thursday & Friday 6:45pm - 7:30pm

ALL AGES (8yrs+, All abilities)

Wednesday 10:30am - 11:30am
Saturday 11:00am - 12:00pm

ADULT (14yrs+, All abilities)

Tuesday & Friday 7:30pm - 8:30pm
Monday & Thursday 8:30pm - 9:30pm

FITNESS

CIRCUIT CLASS (All Abilities)

Wednesday 8:30pm - 9:30pm

Kazen Kai Martial Arts

The Martial Arts Centre,
Nicholls Field Pavilion,
Nicholls Field,
Harlow, Essex
CM18 6DY

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