

MONDAY

Yoga
Kazen Fitness Class
Kazen Fighting Fit
Beginners Karate

TIME

9:15am - 10:15am
10:30am - 11:15am
11:15am - 12:00pm
7:30pm - 8:30pm

TUESDAY

Beginners Karate
Beginners Kick Boxing
Kazen Kai Combat Fit
Beginners Karate
Beginners Kick Boxing

TIME

9:15am - 10:15am
10:15am - 11:15am
11:15am - 12:00pm
7:30pm - 8:30pm
8:30pm - 9:30pm

WEDNESDAY

Beginners Kick Boxing
Kazen Fitness Class
Kazen Fighting Fit
Beginners Karate

TIME

9:15am - 10:15am
10:30am - 11:15am
11:15am - 12:00pm
7:30pm - 8:30pm

THURSDAY

Beginners Karate
Beginners Kick Boxing
Kazen Kai Combat Fit
Beginners Kick Boxing
Kazen Kai Combat Circuit

TIME

9:15am - 10:15am
10:15am - 11:15am
11:15am - 12:00pm
7:30pm - 8:30pm
8:30pm - 9:15pm

FRIDAY

Yoga
Pilates
Kazen LBT
Beginners Kick Boxing
Over 40's Karate

TIME

9:15am - 10:15am
10:30am - 11:30am
2:00pm - 2:45pm
7:30pm - 8:30pm
8:30pm - 9:30pm

SATURDAY

Beginners Karate
Beginners Kick Boxing
Beginners Karate
Beginners Kick Boxing

TIME

9:55am - 10:55am
11:00am - 12:00pm
2:00pm - 3:00pm
3:00pm - 4:00pm

SUNDAY

Kazen Ultimate Combat Circuit

TIME

8:00am - 8:45am

WE ALSO OFFER CHILDREN'S CLASSES
MONDAY TO SATURDAY.
CLUBS THROUGHOUT ESSEX.

FOR MORE DETAILS PLEASE CALL
OR VISIT OUR WEBSITE.



WWW.KAZENKAI.COM
08001 830383

