

THE MARTIAL ARTS CENTRE, UNIT 2 BEEHIVE BUSINESS PARK, BEEHIVE LANE,  
CHELMSFORD, ESSEX, CM2 9TE

**MONDAY**

Beginners Karate  
Kick Boxing Beginners  
Kazen Fighting Fit  
Beginners Kick Boxing  
Over 40's Karate

**TIME**

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

**TUESDAY**

Pilates  
Beginners Karate  
Beginners Kick Boxing

**TIME**

9:30am - 10:30am  
7:30pm - 8:30pm  
8:30pm - 9:30pm

**WEDNESDAY**

Beginners Karate  
Kick Boxing Beginners  
Kazen Fighting Fit  
Beginners Kick Boxing  
Kazen Fighting Fit Circuit

**TIME**

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

**THURSDAY**

Beginners Karate  
Beginners Kick Boxing

**TIME**

7:30pm - 8:30pm  
8:30pm - 9:30pm

**FRIDAY**

Beginners Karate  
Beginners Kick Boxing

**TIME**

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

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

FOR MORE DETAILS PLEASE CALL  
OR VISIT OUR WEBSITE.



WWW.KAZENKAI.COM  
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