

# THE MARTIAL ARTS CENTRE, BANNISTER DRIVE, HUTTON, BRENTWOOD, ESSEX, CM13 1YX

## MONDAY

Karate Tots (4 & 5 yrs)  
Karate Beginners (6 yrs +)  
Kick Boxing Beginners (8 yrs +)

## TIME

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

## THURSDAY

Karate Tots (4 & 5 yrs)  
Karate Beginners (6 yrs +)  
Kick Boxing Beginners (8 yrs +)

## TIME

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

## TUESDAY

Kick Boxing Cubs (5, 6 & 7 yrs)  
Karate Beginners (6 yrs +)  
Kick Boxing Beginners, (8 yrs +)

## TIME

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

## FRIDAY

Karate Tots (4 & 5 yrs)  
Karate Beginners (6 yrs +)  
Boxing Beginners (8 yrs +)

## TIME

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

## WEDNESDAY

Kazen Karate Dots (1, 2, 3, & 4 yrs)  
Karate Tots (4 & 5 yrs)  
Karate Beginners (6 yrs +)  
Kick Boxing Beginners (8 yrs +)

## TIME

2:15pm - 2:45pm  
3:45pm- 4:15pm  
4:25pm - 5:10pm  
6:45pm - 7:30pm

## SATURDAY

Karate Tots (4 & 5 yrs)  
Family Karate Beginners (6 yrs +)  
Family Kick Boxing Beginners (8 yrs +)  
Family Karate Beginners (6 yrs +)  
Family Kick Boxing Beginners (8 yrs +)

## TIME

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

WE OFFER A VARIETY OF MARTIAL ARTS AND FITNESS  
CLASSES EVERYDAY OF THE WEEK.  
TEEN AND ADULT CLASSES ALSO AVAILABLE.

FOR MORE DETAILS PLEASE CALL  
OR VISIT OUR WEBSITE.



YouTube

WWW.KAZENKAI.COM  
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