



CHELMSFORD CLASSES

MONDAY

Karate (all levels)
 Kick Boxing (all levels)
 Kazen Fighting Fit (all levels)
 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 +)
 Youth Kickboxing (8 yrs +)
 Teen / Adult Kick Boxing
 Over 25's Karate (25 yrs +)

START TIME END 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

Pilates (all levels)
 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 Kickboxing (8 yrs +)
 Teen / Adult Karate
 Teen / Adult Kick Boxing

9:30am - 10:30am
 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

Karate (all levels)
 Kick Boxing (all levels)
 Kazen Fighting Fit (all levels)
 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 +)
 Youth Kickboxing (8 yrs +)
 Teen / Adult Kick Boxing
 Kazen Fighting Fit Circuit (all levels)

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 - 9:15pm

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 Kickboxing (8 yrs +)
 Teen / Adult Karate
 Teen / Adult Kick Boxing

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 Kickboxing (8 yrs +)
 Teen / Adult Karate
 Teen / Adult Kick Boxing

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

Children's Karate Tots (4 & 5 yrs)
 Family Karate (beginners, all ages)
 Family Kick Boxing (beginners, all ages)
 Karate Squad
 Family Karate (beginners, all ages)
 Family Kick Boxing (beginners, all ages)

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