

FIRST SESSION FREE



FITNESSES  
CLASSES



FOR MORE DETAILS PLEASE CALL OR VISIT OUR WEBSITE.

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

**MONDAY**

Kazen Fitness Class  
Kazen Fighting Fit

**TIME**

10:30am - 11:15am  
11:15am - 12:00pm

**TUESDAY**

Kazen Kai Combat Fit

**TIME**

11:15am - 12:00pm

**WEDNESDAY**

Kazen Fitness Class  
Kazen Fighting Fit

**TIME**

10:30am - 11:15am  
11:15am - 12:00pm

**THURSDAY**

Kazen Kai Combat Fit  
Kazen Kai Combat Circuit

**TIME**

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

**FRIDAY**

Kazen LBT

**TIME**

2:00pm - 2:45pm

**SUNDAY**

Kazen Ultimate Combat Circuit

**TIME**

8:00am - 8:45am

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

**MONDAY**

Kazen Fighting Fit

**TIME**

11:15am - 12:00pm

**WEDNESDAY**

Kazen Fighting Fit  
Kazen Fighting Fit Circuit

**TIME**

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

**WE ALSO OFFER CHILDREN'S AND  
ADULT'S KARATE AND KICK BOXING  
CLASSES MONDAY TO SATURDAY.**

**FOR MORE INFORMATION ON KARATE OR  
KICKBOXING PLEASE CALL US OR VISIT OUR  
WEBSITE**



WWW.KAZENKAI.COM  
08001 830383