



Easter reduced timetable – HARLOW

Reduced timetable will run as of 3rd April – 13th April 2017

14th, 16th, 17th April 2017 – NO CLASSES

Normal Timetable resumes on Tuesday 18th April 2017



MONDAY 3 rd & 10 th APRIL	
4:30pm – 5:00pm	Kick Boxing Cubs
5:15pm – 6:00pm	Junior Karate (up to and incl. Yellow Stripe)
6:00pm – 6:45pm	Junior Karate (Yellow Belt incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Kick Boxing
8:30pm – 9:30pm	Adult Karate

TUESDAY 4 th & 11 th APRIL	
9:15am – 10:15am	Karate
10:15am – 11:15am	Kick Boxing
11:15am – 12:00pm	Kazen Kai Combat Fit
12:00pm – 1:00pm	Open Kumite Squad training
4:30pm – 5:00pm	Karate Tots
5:15pm – 6:00pm	Junior Karate (up to and incl. Yellow Stripe)
6:00pm – 6:45pm	Junior Karate (Yellow Belt incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Adult Kick Boxing

WEDNESDAY 5 th & 12 th APRIL	
4:30pm – 5:00pm	Junior Circuits
5:15pm – 6:00pm	Junior Karate (up to and incl. Yellow Stripe)
6:00pm – 6:45pm	Junior Karate (Yellow Belt incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Kazen Ultimate combat Circuit

THURSDAY 6th & 13th APRIL

9:15am – 10:15am	Karate
10:15am – 11:15am	Kick Boxing
11:15am – 12:00pm	Kazen Kai Combat Fit
12:00pm – 1:00pm	Open Kata Squad training
4:30pm – 5:00pm	Karate Tots
5:15pm – 6:00pm	Junior Karate (up to and incl. Yellow Stripe)
6:00pm – 6:45pm	Junior Karate (Yellow Belt incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Adult Kick Boxing

FRIDAY 7th APRIL

4:30pm – 5:00pm	Kick Boxing Cubs
5:15pm – 6:00pm	Junior Karate (up to and incl. Yellow Stripe)
6:00pm – 6:45pm	Junior Karate (Yellow Belt incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Adult Kick Boxing

SATURDAY 8th & 15th APRIL

9:15am – 9:45am	Karate Tots
9:55am – 10:55am	Family Karate
11:00pm – 12:00pm	Family Kick Boxing
12:00pm – 12:45pm	Open fighting Squad
12:45pm – 1:30pm	Kata Squad