



# HARLOW CLASSES

## MONDAY

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  
 Teen / Adult Karate

### START TIME    END TIME

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

Karate (all levels)  
 Kick Boxing (all levels)  
 Kazen Kai Combat Fit (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

9:15am - 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

## WEDNESDAY

Junior Circuit Class (6 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  
 Kazen Ultimate Combat Circuit (all levels)

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

Karate (all levels)  
 Kick Boxing (all levels)  
 Kazen Kai Combat Fit (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

9:15am - 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

## FRIDAY

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 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)

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

Kazen Kai Martial Arts

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