



Holiday Timetable

During the school holidays we will be running a reduced timetable at the Brentwood, Chelmsford and Harlow dojos.

Reduced timetable will run in line with the Essex county Council School Holidays
Half terms not included

Please note that there will be
NO CLASSES ON BANK HOLIDAYS

For class times please turn over
For other Dojo timetables, please visit our
website - www.kazenkai.com



BRENTWOOD

Holiday Timetable

MONDAY

9:15am – 10:15am	Yoga Class
10:30am – 11:15am	Kazen Fitness Class
11:15am – 12:00pm	Kazen Fighting Fit
4:30pm – 5:00pm	Karate Tots
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Adult Karate Advanced

TUESDAY

9:15am – 10:15am	Family Karate
10:15am – 11:15am	Family Kick Boxing
11:15am – 12:00pm	Kazen Kai Combat Fit
4:30pm – 5:00pm	Kick Boxing Cubs
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Adult Kick Boxing

WEDNESDAY

9:00am – 1:00pm	Junior Karate Summer Course
2:15pm – 2:45pm	Kazen Karate Dots
4:30pm – 5:00pm	Karate Tots
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Adult Karate Advanced

THURSDAY

9:15am – 10:15am	Family Karate
10:15am – 11:15am	Family Kick Boxing
11:15am – 12:00pm	Kazen Kai Combat Fit
4:30pm – 5:00pm	Karate Tots
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Kick Boxing
8:30pm – 9:30pm	Kazen Kai Combat Circuit

FRIDAY

9:15am – 10:15am	Yoga Class
2:00pm – 3:00pm	Low impact Fitness Class
4:30pm – 5:00pm	Karate Tots
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Kick Boxing
8:30pm – 9:30pm	Over 25's Karate

SATURDAY

9:15am – 9:45am	Karate Tots
9:55am – 10:55am	Family Karate
11:00am – 12:00pm	Family Kick Boxing
12:00pm – 1:30:00pm	Squad Training
2:00pm – 3:00pm	Family Karate
3:00pm – 4:00pm	Family Kick Boxing





CHELMSFORD

Holiday Timetable

MONDAY

9:15am – 10:15am	Adult Karate
10:15am – 11:15am	Adult Kick Boxing
11:15am – 12:00pm	Kazen Fighting Fit
4:30pm – 5:00pm	Kick Boxing Cubs
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Kick Boxing
8:30pm – 9:30pm	Over 40's Karate

TUESDAY

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

WEDNESDAY

9:15am – 10:15am	Adult Karate
10:15am – 11:15am	Adult Kick Boxing
11:15am – 12:00pm	Kazen Fighting Fit
4:30pm – 5:00pm	Kick Boxing Cubs
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Kick Boxing
8:30pm – 9:15pm	Circuit Class

THURSDAY

9:00am – 1:00pm	Junior Summer Course
4:30pm – 5:00pm	Karate Tots
5:15pm – 6:00pm	Junior Karate (up to & incl. Green Belt)
6:00pm – 6:45pm	Junior Karate (Purple Stripe incl. above)
6:45pm – 7:30pm	Youth Kick Boxing
7:30pm – 8:30pm	Adult Karate
8:30pm – 9:30pm	Adult Kick Boxing

FRIDAY

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

SATURDAY

9:15am – 9:45am	Karate Tots
9:55am – 10:55am	Family Karate
11:00pm – 12:00pm	Family Kick Boxing
12:00pm – 1:00pm	Squad Training
2:00pm – 3:00pm	Family Karate
3:00pm – 4:00pm	Family Kick Boxing





HARLOW - NICHOLLS FIELD

Holiday Timetable

MONDAY

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

TUESDAY

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

WEDNESDAY

9:15am – 10:15am Family Karate
10:15am – 11:15am Family Kick Boxing
11:15am – 12:00pm Kazen Kai Combat Fit
4:30pm – 5:00pm Children's Circuit Class
5:00pm – 5:45pm Junior Karate (up to & incl. Yellow Belt)
5:45pm – 6:30pm Junior Karate (Orange Stripe incl. above)
6:45pm – 7:30pm Youth Kick Boxing
7:30pm – 8:30pm Adult Karate
8:30pm – 9:30pm Ultimate Combat Circuit

THURSDAY

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

FRIDAY

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

SATURDAY

9:15am – 9:45am Karate Tots
9:55am – 10:55am Family Karate
11:00am – 12:00pm Family Kick Boxing
12:00pm – 12:45pm Kumite Squad
12:45pm – 1:30pm Kata Squad
1:30pm – 2:00pm Closed Squad
2:00pm – 3:00pm Family Karate
3:00pm – 4:00pm Family Kick Boxing

