

THE MARTIAL ARTS CENTRE, NICHOLLS FIELD PAVILION, NICHOLLS FIELD, HARLOW, ESSEX, CM18 6DY

MONDAY

Beginners Kick Boxing
Beginners Karate
Beginners Karate
Beginners Kick Boxing

TIME

9:15am - 10:15am
10:15am - 11:15am
7:30pm - 8:30pm
8:30pm - 9:30pm

TUESDAY

Beginners Kick Boxing
Beginners Karate

TIME

7:30pm - 8:30pm
8:30pm - 9:30pm

WEDNESDAY

Beginners Karate
Beginners Kick Boxing
Beginners Karate
Kazen Ultimate Combat Circuit

TIME

9:15am - 10:15am
10:15am - 11:15am
7:30pm - 8:30pm
8:30pm - 9:30pm

THURSDAY

Beginners Karate
Beginners Kick Boxing

TIME

7:30pm - 8:30pm
8:30pm - 9:30pm

FRIDAY

Beginners Kick Boxing
Beginners Karate

TIME

7:30pm - 8:30pm
8:30pm - 9:30pm

SATURDAY

Beginners Karate
Beginners Kick Boxing
Beginners Karate
Beginners Kick Boxing

TIME

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

**WE ALSO OFFER CHILDREN'S CLASSES AND
FITNESS CLASSES MONDAY TO SATURDAY.**

**WE HAVE ANOTHER FULL TIME DOJO IN
KATHERINES HATCH, BROKSID.**

FOR MORE DETAILS PLEASE CALL OR VISIT OUR WEBSITE.



WWW.KAZENKAI.COM
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