



Holiday Timetable changes

**ONLY THE CLASSES MENTIONED WILL CHANGE
ALL OTHER CLASSES WILL RUN AS NORMAL**

During the school holidays we will be running a reduced timetable at some of our Essex & Kent clubs

Reduced timetable will run in line with the Essex county Council School Holidays

**HALF TERMS WILL RUN THE
NORMAL TIMETABLE**

Please note that there will be
NO CLASSES ON BANK HOLIDAYS

For class times please scroll down.
If your club is not mentioned please
speak to your instructor.



BRENTWOOD

Holiday Timetable changes

**PLEASE NOTE THAT TIMES WILL ONLY
CHANGE FOR THE CLASSES BELOW.**

ALL OTHER CLASSES WILL BE AT NORMAL TIME

KARATE

TOTS (4 & 5yrs)

Monday, Wednesday, Thursday & Friday 4:30pm - 5:00pm

CHILDREN'S (6yrs+, up to & incl. Green Belt)

Monday, Tuesday, Wednesday, Thursday & Friday 5:15pm - 6:00pm

CHILDREN'S (6yrs+, Purple stripe incl. and above)

Monday, Tuesday, Wednesday, Thursday & Friday 6:00pm - 6:45pm

KICK BOXING

CUBS (5, 6 & 7yrs)

Tuesday 4:30pm - 5:00pm

WE ALSO RUN HOLIDAY COURSES INCLUDING:

CHILDREN'S KARATE SUMMER COURSE - throughout July & August

SPECIALISED TRAINING COURSES - in school half terms & other holidays

For booking forms for our holiday courses,
please see your instructor or visit our website:

www.kazenkai.com





CHELMSFORD

Holiday Timetable changes

PLEASE NOTE THAT TIMES WILL ONLY CHANGE FOR THE CLASSES BELOW.

ALL OTHER CLASSES WILL BE AT NORMAL TIME

KARATE

TOTS (4 & 5yrs)

Tuesday, Thursday & Friday 4:30pm - 5:00pm

CHILDREN'S (6yrs+, up to & incl. Green Belt)

Monday, Tuesday, Wednesday, Thursday & Friday 5:15pm - 6:00pm

CHILDREN'S (6yrs+, Purple stripe incl. and above)

Monday, Tuesday, Wednesday, Thursday & Friday 6:00pm - 6:45pm

KICK BOXING

CUBS (5, 6 & 7yrs)

Monday, Wednesday 4:30pm - 5:00pm

WE ALSO RUN HOLIDAY COURSES INCLUDING:

CHILDREN'S KARATE SUMMER COURSE - throughout July & August

SPECIALISED TRAINING COURSES - in school half terms & other holidays

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HARLOW

Holiday Timetable changes

PLEASE NOTE THAT THE HOLIDAY TIMETABLE FOR THE HARLOW DOJO BELOW WILL NOW ALSO BE THE NORMAL TIMETABLE

KARATE

TOTS (4 & 5yrs)

Monday, Thursday & Friday 4:30pm - 5:00pm
Saturday 9:15am - 9:45am

CHILDREN'S (6yrs+, up to & incl. Yellow Belt)

Monday, Tuesday, Wednesday, Thursday & Friday 5:00pm - 5:45pm

CHILDREN'S (6yrs+, Orange stripe incl. and above)

Monday, Tuesday, Wednesday, Thursday & Friday 5:45pm - 6:30pm

ALL AGES (6yrs+, All abilities)

Wednesday 9:30am - 10:30am
Saturday 9:55am - 10:55am

ALL AGES (6yrs+, All abilities)

Saturday 9:55am - 10:55am

ADULT (14yrs+, All abilities)

Monday, Wednesday & Thursday 7:30pm - 8:30pm
Tuesday & Friday 8:30pm - 9:30pm

KICK BOXING

YOUTH (8-13yrs, All Abilities)

Monday, Tuesday, Wednesday, Thursday & Friday 6:45pm - 7:30pm

ALL AGES (8yrs+, All abilities)

Wednesday 10:30am - 11:30am
Saturday 11:00am - 12:00pm

ADULT (14yrs+, All abilities)

Tuesday & Friday 7:30pm - 8:30pm
Monday & Thursday 8:30pm - 9:30pm

KARATE SQUAD

KUMITE SQUAD

Saturday 12:00pm - 12:45pm

KATA SQUAD

Saturday 12:45pm - 1:30pm

FITNESS

CIRCUIT CLASS (All Abilities)

Wednesday 8:30pm - 9:30pm

WE ALSO RUN HOLIDAY COURSES INCLUDING:

CHILDREN'S KARATE SUMMER COURSE - throughout July & August

SPECIALISED TRAINING COURSES - in school half terms & other holidays

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ESSEX & KENT CLUBS

Summer Timetable changes

BURNHAM ON CROUCH

KARATE TOTS & BEGINNERS (4yrs+)

Monday 4:15pm - 5:00pm

YOUTH KICK BOXING (8yrs+)

Monday 5:00pm - 6:00pm

WEST MERSEA

KARATE TOTS & BEGINNERS (4yrs+)

Tuesday 4:15pm - 5:00pm

YOUTH KICK BOXING (8yrs+)

Tuesday 5:00pm - 5:45pm

HATFIELD PEVERAL

KARATE TOTS & BEGINNERS (4yrs+)

Thursday 4:15pm - 5:00pm

YOUTH KICK BOXING (8yrs+)

Thursday 5:00pm - 5:45pm

NOTLEY GREEN

KARATE TOTS & BEGINNERS (4yrs+)

Friday 4:45pm - 5:30pm

YOUTH KICK BOXING (8yrs+)

Friday 5:30pm - 6:15pm

ADULT KARATE (All Abilities)

Friday 6:15pm - 7:15pm

ADULT KICK BOXING (All Abilities)

Friday 7:15pm - 8:15pm

HOLBOROUGH LAKES

KARATE TOTS (4&5yrs)

Thursday 4:30pm - 5:00pm

KARATE (6yrs+, up to & incl. Green Belt)

Thursday 5:15pm - 6:00pm

KARATE (6yrs+, Purple stripe incl. & above)

Thursday 6:00pm - 6:45pm

YOUTH KICK BOXING (8yrs+)

Thursday 6:45pm - 7:30pm

ADULT KARATE (All Abilities)

Thursday 7:30pm - 8:30pm

ADULT KICK BOXING (All Abilities)

Thursday 8:30pm - 9:30pm

MALDON UNITED REFORM CHURCH

CHILDRENS KARATE (6yrs+)

Monday 6:45pm - 7:30pm

TEEN/ADULT KARATE (14yrs+)

Monday 7:30pm - 8:30pm

KICK BOXING (8yrs+)

Monday 7:30pm - 8:30pm

*PLEASE NOTE THE TUESDAY MORNING CLASS WILL BE CANCELLED AT THE UNITED REFORM CHURCH THROUGHOUT THE SUMMER HOLIDAYS

PLUME SCHOOL

KARATE TOTS (4 & 5yrs)

Wednesday 5:00pm - 5:30pm

KARATE BEGINNERS & INTERMEDIATE (6yrs+)

Wednesday 5:40pm - 6:25pm

KICK BOXING (8yrs+)

Wednesday 6:30pm - 7:15pm

TIPTREE

KARATE BEGINNERS (4yrs+)

Thursday 6:30pm - 7:15pm

ADULT KARATE (14yrs+)

Thursday 7:30pm - 8:30pm

MALDON METHODIST CHURCH

KARATE TOTS (4 & 5yrs)

Saturday 9:00am - 9:30am

FAMILY KARATE (6yrs+)

Saturday 9:30am - 10:15am

FAMILY KICK BOXING (6yrs+)

Saturday 10:15am - 11:00am

RAMSDEN BELLHOUSE

KARATE TOTS & BEGINNERS (4yrs+)

Wednesday 4:30pm - 5:15pm

YOUTH KICK BOXING (8yrs+)

Wednesday 5:15pm - 6:00pm

