

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

MONDAY

Karate Tots (4 & 5 yrs)
Karate Beginners (6 yrs +)
Kick Boxing Beginners (8 yrs +)

TIME

3:45pm- 4:15pm
4:25pm - 5:10pm
6:45pm - 7:30pm

THURSDAY

Karate Tots (4 & 5 yrs)
Karate Beginners (6 yrs +)
Kick Boxing Beginners (8 yrs +)

TIME

3:45pm- 4:15pm
4:25pm - 5:10pm
6:45pm - 7:30pm

TUESDAY

Kick Boxing Cubs (5, 6 & 7 yrs)
Karate Beginners (6 yrs +)
Kick Boxing Beginners (8 yrs +)

TIME

3:45pm- 4:15pm
4:25pm - 5:10pm
6:45pm - 7:30pm

FRIDAY

Karate Tots (4 & 5 yrs)
Karate Beginners (6 yrs +)
Kick Boxing Beginners (8 yrs +)

TIME

3:45pm- 4:15pm
4:25pm - 5:10pm
6:45pm - 7:30pm

WEDNESDAY

Junior Circuit Class (6 yrs +)
Karate Beginners (6 yrs +)
Kick Boxing Beginners (8 yrs +)

TIME

3:45pm- 4:15pm
4:25pm - 5:10pm
6:45pm - 7:30pm

SATURDAY

Karate Tots (4 & 5 yrs)
Family Karate Beginners (6 yrs +)
Family Kick Boxing Beginners (8 yrs +)
Family Karate Beginners (6 yrs +)
Family Kick Boxing Beginners (8 yrs +)

TIME

9:15am - 9:45am
9:55am - 10:55am
11:00am - 12:00pm
2:00pm - 3:00pm
3:00pm - 4:00pm

**WE ALSO OFFER ADULT CLASSES AND
FITNESS CLASSES MONDAY TO SATURDAY.**

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

FOR MORE DETAILS PLEASE CALL OR VISIT OUR WEBSITE.



WWW.KAZENKAI.COM
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