

2017 | HARLOW

SUMMER TIMETABLE

SUMMER TIMETABLE WILL RUN AS OF 24TH JULY – 2ND SEPTEMBER

MONDAY 28TH AUGUST – NO CLASSES (BANK HOLIDAY)

NORMAL TIMETABLE RESUMES ON MONDAY 4TH SEPTEMBER

MONDAY

24TH & 31ST JULY AND 7TH, 14TH, 21ST AUGUST

4:30pm – 5:00pm	Kick Boxing Cubs
5:00pm – 5:45pm	Junior Karate (up to and 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

TUESDAY

25TH JULY AND 1ST, 8TH, 15TH, 22ND, 29TH AUGUST

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
5:00pm – 5:45pm	Junior Karate (up to and 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

WEDNESDAY

26TH JULY AND 2ND, 9TH, 16TH, 23RD, 30TH AUGUST

9:00am – 1:00pm	Junior Karate Summer Course
3:30pm – 4:30pm	Squad Training Session
4:30pm – 5:00pm	Junior Circuits Class
5:00pm – 5:45pm	Junior Karate (up to and 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	Kazen Ultimate combat Circuit

THURSDAY

27TH JULY AND 3RD, 10TH, 17TH, 24TH, 31ST AUGUST

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
5:00pm – 5:45pm	Junior Karate (up to and 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

28TH JULY AND 4TH, 11TH, 18TH, 25TH AUGUST AND 1ST SEPTEMBER

4:30pm – 5:00pm	Kick Boxing Cubs
5:00pm – 5:45pm	Junior Karate (up to and 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

SATURDAY

5TH, 12TH, 19TH, 26TH AUGUST AND 2ND SEPTEMBER

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 – 2:15pm	Kumite Squad

