



KAIZEN MARTIAL ARTS ACADEMY

TIMETABLE

Day	Discipline	Instructor
Sunday	5.30 pm: Under 11s Shotokan Karate	Crossley Sensei or Reece Sensei
	6.15 pm: Over 11s Shotokan Karate	Reece Sensei
Monday	5.30 pm: Under 11s Shotokan Karate	Isaacs Sensei
	6.15 pm: Over 11s Shotokan Karate	Reece Sensei
Wednesday	5.30 pm: Under 11s Shotokan Karate	Isaacs Sensei
	6.15 pm: Over 11s Shotokan Karate	Reece Sensei
	7.45 pm: Okinawan Kobudo	Reece Sensei
Thursday	6.45 pm: Kung Fu	Sifu Wilson
	6.15 pm: Self Defence	Glanville Sensei