



KAIZEN MARTIAL ARTS ACADEMY

TIMETABLE – JANUARY 2019

Day	Time	Type	Instructor
Sunday	4.00 pm	Competition training	Kowalczyk Sensei
	5.00 pm	Karate (Under 11 years)	Carter Sensei
	5.45 pm	Karate (Over 11 years)	Reece Sensei
	7.15 pm	Okinawan Kobudo	
Monday	5.00 pm	Karate (Under 11 years)	Carter Sensei
	5.45 pm	Karate (Over 11 years)	Reece Sensei
	7.15pm	Okinawan Kobudo	
Tuesday	6.30 pm	Jiu Jitsu – All Ages	Carter Sensei
Wednesday	5.45 pm	Karate (Under 11 years)	Carter Sensei
	6.30 pm	Karate (Over 11 years)	Reece Sensei
Thursday	6.30 pm	Jiu Jitsu	Carter Sensei
	7.00 pm	Kung Fu	Sifu G Wilson
Every alternate Friday	6.30 pm	Self-defence awareness	Carter Sensei

For further details please contact Reece Sensei 0113 2660516 or 07940 565046