



KAIZEN MARTIAL ARTS ACADEMY

TIMETABLE – JANUARY 2022

| Day | Time | Type | Instructor |
|-----------|---------|-------------------------|-------------------------------|
| Sunday | 6.15 pm | Karate (Over 11 years) | Reece Sensei |
| Monday | 5.30 pm | Karate (Under 11 years) | Isaacs Sensei or Reece Sensei |
| | 6.15 pm | Karate (Over 11 years) | Reece Sensei |
| Wednesday | 5.30 pm | Karate (Under 11 years) | Isaacs Sensei or Reece Sensei |
| | 6.15 pm | Karate (Over 11 years) | Reece Sensei |
| | 7.45 pm | Okinawan Kobudo | |
| Thursday | 6.15 pm | Self Defence/Bunkai | Glanville Sensei |
| | 6.45 pm | Kung Fu (over 16 years) | Sifu G Wilson |

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