



# KAIZEN MARTIAL ARTS ACADEMY

## TIMETABLE – NOVEMBER 2016

Day	Time	Type	Instructor
Sunday	4.30 pm	Competition Training (under 11 years)	Kowalczuk Sensei
	5.00 pm	Competition training (over 11 years)	
	5.00 pm	Junior Karate (Under 11 years)	Carter Sensei
	5.45 pm	Senior Karate (Over 11 years)	Reece Sensei
	7.15 pm	Okinawan Kobudo	
Monday	5.00 pm	Junior Karate (under 11 years)	Carter Sensei
	5.45 pm	Senior Karate (Over 11 years)	Reece Sensei
Tuesday	6.45 pm	Jiu Jitsu – Seniors	Clarke Sensei
	6.45 pm	Kickboxing – Seniors	
Wednesday	5.45 pm	Junior Karate (Under 11 years)	Carter Sensei
	6.30 pm	Senior Karate (Over 11 years)	Reece Sensei
	5.45 pm	Kickboxing	Clarke Sensei
Thursday	6.00 pm	Jiu Jitsu	Clarke Sensei
	6.00 pm	Kickboxing	
	7.00 pm	Kung Fu	Sifu G Wilson

For further details please contact Reece Sensei 0113 2690383 or 07940 565046