

Kaizen Martial Arts Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am 11am Dojo 1						KICKBOXING JUNIOR 5YRS+
4pm - 5pm Dojo 1	KICKBOXING JUNIOR 5YRS+	KARATE WHITE/RED-5YRS +	KARATE WHITE / RED- 5YRS +	KARATE WHITE / RED- 5YRS +	KARATE WHITE / RED- 5YRS +	
4pm - 5pm Dojo 2	SQUAD (BEG/INTER)	DINKY DUDES 3-5YRS	KARATE WHITE / RED- 5YRS +	DINKY DUDES 3-5YRS	KARATE WHITE / RED- 5YRS +	
5pm - 6pm Dojo 1	KARATE WHITE/RED-5YRS +	KARATE YELLOW / ORANGE	KARATE YELLOW / ORANGE	KARATE YELLOW / GREEN	KARATE YELLOW / ORANGE	
5pm - 6pm Dojo 1		KARATE GREEN / BLUE	KARATE GREEN / BLUE	KARATE BLUE / BROWN	KARATE GREEN / BLUE	
5pm - 6pm Dojo 2	WEAPONS 8YRS +	MUMS ONLY KARATE	DEMO TEAM INVITE ONLY	KARATE BROWN / 1ST KYU		
6pm - 7pm Dojo 1	KARATE YELLOW /ORANGE	KARATE PURPLE / BROWN	KARATE PURPLE / BROWN	KARATE / SELF DEFENCE ADULTS ONLY	KARATE PURPLE / BROWN	
6pm - 7pm Dojo 1	KARATE GREEN / BROWN			BLACK BELTS DEMO		
6pm - 7pm Dojo 2		KATA CLASS		KATA CLASS		
7pm - 8pm Dojo 1		SQUAD (INTER/ELITE)	STRIKE CLASS	BLACK BELTS ONLY	KICKBOXING JUNIOR 5YRS+	
7pm - 8pm Dojo 2					KICKBOXING JUNIOR 5YRS+	
8pm - 9pm Dojo 1		THAI KICKBOXING ADULTS ONLY	ELITE INVITE ONLY			
8pm - 9pm Dojo 2						