

## **OKAMI MARTIAL ARTS**

## Timetable



Monday	Wednesday	Friday	Saturday	Sunday
Prittlewell	Thorpe Bay	Prittlewell	Prittlewell	Prittlewell
Southend Street Gym	St. George's Church Hall	Southend Street Gym	Southend Street Gym	Southend Street Gym
Priory Works, Priory Avenue	St Andrew's Road (for Sat Nav, use this)	Priory Works, Priory Avenue	Priory Works, Priory Avenue	Priory Works, Priory Avenue
SS2 6LD	SS3 9DH	SS2 6LD	SS2 6LD	SS2 6LD
		Private 1-2-1s ALL DAY	9am - 10am	3pm - 4pm
		Contact Oz for details	Beginners Karate	Beginners Karate
5pm - 5.45pm	5pm - 5.45pm	Private 1-2-1s ALL DAY	10am - 10.45am	4pm - 4.45pm
Little Dragons - 3-7 yrs	Little Dragons - 3-7 yrs	Private 1-2-15 ALL DAT	Little Dragons	Little Dragons - 3-7 yrs
6pm -7pm	6pm- 7pm	Private 1-2-1s ALL DAY	11am - 12.30pm	5pm - 6pm
Family Karate (ages 8+)	Family Karate (ages 8+)	Private 1-2-15 ALL DAT	Family Karate (ages 8+)	Family Karate (ages 8+)
7pm- 8pm	7pm- 8pm	Private 1-2-1s ALL DAY		6pm - 7pm
Mixed Kickboxing	Mixed Kickboxing	Filvate 1-2-15 ALL DAT		Team Training or 1-2-1s
8pm - 9pm	8pm- 9pm	Private 1-2-1s ALL DAY		
Ladies Kickboxing	Ladies Kickboxing	Private 1-2-15 ALL DAY		