



OKAMI MARTIAL ARTS

Timetable



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