



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	9 - 10am Kids Boxing & Kickboxing	3 - 4pm Kids Boxing & Kickboxing
5 - 5.45pm Little Dragons - 3-7 yrs	5 - 5.45pm Little Dragons - 3-7 yrs		10 - 10.45am Little Dragons	4 - 4.45pm Little Dragons - 3-7 yrs
6 - 7pm Family Karate (ages 8+)	6 - 7pm Family Karate (ages 8+)		11 - 12pm Family Karate (ages 8+)	5 - 6pm Family Karate (ages 8+)
7 - 8pm Ladies Kickboxing; Mixed Kickboxing	7 - 8pm Ladies Kickboxing; Mixed Kickboxing		12 - 1pm Kids Boxing & Kickboxing	6 - 7pm Kids Boxing & Kickboxing