



# 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  Beginners Karate	3 - 4pm  Beginners Karate
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 - 12.30pm  Family Karate (ages 8+)	5 - 6pm  Family Karate (ages 8+)
7 - 8pm  Ladies Kickboxing; Mixed Kickboxing	7 - 8pm  Ladies Kickboxing; Mixed Kickboxing			6 - 7pm  Team Training or 1-2-1s