

Honbu Dojo

Churchfields Common Room

Momples Road

Harlow

Essex

CM20 3DE (Three words fill.fingernail.gloves)

Mondays

5pm to 5:45pm Beginners, Yellow, Red & Orange Belts

5:45pm to 6:30pm Green, Blue & Junior Brown Belt (Yr 6 & under)

6:30pm to 7:30pm Junior Brown Belt (up to age 14 years) Cadets all grades (14 Years+)

Tuesday

5pm to 5:45pm Beginners, Yellow, Red & Orange Belts

5:45pm to 6:30pm Green, Blue & Junior Brown Belt (Yr 6 & under)

6:30pm to 7:30pm Junior Brown Belt (up to age 14 years)

7:30pm to 8:30pm Cadets all grades (14 Years+)

8pm to 9pm Adults

Wednesdays

5pm to 5:45pm Beginners, Yellow, Red & Orange Belts

5:45pm to 6:30pm Green, Blue & Junior Brown Belt (Yr 6 & under)

6:30pm to 7:30pm Junior Brown Belt (up to age 14 years) Cadets all grades (14 Years+)

7:30pm to 8:30pm Kumite (Sparring) Class

8pm to 9pm Adults

Thursdays

5pm to 5:45pm Beginners, Yellow, Red & Orange Belts

5:45pm to 6:30pm Green, Blue & Junior Brown Belt (Yr 6 & under)

6:30pm to 7:30pm Junior Brown Belt (up to age 14 years)

7:30pm to 8:30pm Cadets all grades (14 Years+)

8pm to 9pm Adults

Saturdays

9:30am to 10:15am Beginners, Yellow, Red & Orange Belts

10:15am to 11am Green, Blue & Junior Brown Belt (Yr 6 & under)

11am to 12pm Junior Brown Belt (up to age 14 years) Cadets all grades (14 Years+)

Adults