



# Alex Hart KAIZEN

## KARATE & KICKBOXING

CLASSES AVAILABLE 7 DAYS A WEEK - AGE 4 YEARS TO ADULTS

### 4-5 YRS DINKY DUDES



HAVING FUN  
WHILE BUILDING  
LIFE SKILLS

### 6 YRS + CHILDRENS CLASSES



LIFE CHANGING  
CONFIDENCE  
FOREVER

### TEEN KICKBOXING CLASSES



SELF MOTIVATION  
& STRESS  
RELEASE

### 4 YRS + JUNIOR KICKBOXING



STRENGTH  
+  
COURAGE

### ADULT CLASSES



FITNESS GOALS  
+ EFFECTIVE  
SELF-DEFENCE

### FAMILY CLASSES



3RD & 4TH  
FAMILY MEMBER  
TRAINS FREE

**3 FULL TIME  
LOCATIONS**

**Bishops Stortford**  
Herts & Essex Sports Centre Dojo  
Beldams Lane  
CM23 5LH

**Waltham Abbey**  
Unit 8, Orbital Business Centre  
Brooker Rd  
EN9 1JH

**Felsted**  
Felsted Prep School  
Road Hall  
CM6 3JL