



# GKR KARATE

KARATE FOR EVERYONE

## NORTHAMPTONSHIRE TIMETABLE

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<b><u>IRTHLINGBOROUGH</u></b> Community Centre Fettleline Road  NN9 5FX Sat: 10.30-12pm	<b><u>RAUNDS</u></b> Manor School Mountbatten Way  NN9 6PA Sun: 11-12pm	<b><u>RUSHDEN</u></b> St.Peters Church Midland Road  NN10 9UJ <b>REMAINS CLOSED</b>	<b><u>THRAPSTON</u></b> Islip Village Hall Farm Lane  NN14 3LY Fri: 6.30-7.30pm	<b><u>WELLINGBOROUGH</u></b> <b><u>CENTRAL</u></b> All Saints Church Midland Road NN8 1HF Tues:6.30-7.30pm
<b><u>RECTORY FARM</u></b> Rectory Farm Community Centre Olden Road  NN3 5DD Thurs:6.30-8pm	<b><u>RUSHDEN</u></b> Highfield Baptist Church Highfield Road  NN10 9UJ Thurs:6-7pm	<b><u>KETTERING</u></b> St.John the Evangelist Church Edith Road  NN16 9UF Sun:10.30-12pm	<b><u>KETTERING ISE</u></b> Ise Lodge Comm.Centre St.Vincent Avenue  NN15 5DR Thurs: 6.30-8pm	<b><u>WELLINGBOROUGH</u></b> <b><u>CENTRAL</u></b> All Saints Church Midland Road  NN8 1HF Sat:10-11 & 11-12pm
<b><u>LINGS</u></b> Pyramid Church Pyramid Close  NN3 8DP <b>REMAINS CLOSED</b>	<b><u>FAR COTTON</u></b> Far Cotton Rec Centre Towcester Road  NN4 8LG <b>REMAINS CLOSED</b>	<b><u>FAR COTTON</u></b> Delapre Community Rooms Alton Street  NN4 8EN Tues: 6.30-7.30pm	<b><u>WOOTTON</u></b> Wootton Community Cent Curtlee Hill  NN4 6ED <b>REMAINS CLOSED</b>	<b><u>GRANGE PARK</u></b> Grange Park Community Centre School Lane  NN4 5FZ Fri: 6.30-7.30pm
<b><u>RECTORY FARM</u></b> Rectory Farm Community Centre Olden Road  NN3 5DD Sat: 10.30-11.30am	<b><u>CORBY</u></b> Danesholme Community Centre Danesholme Square  NN18 9EJ Thurs: 6.30-8pm	<b><u>CORBY</u></b> Kingswood Community Centre Alberta Close  NN18 9HU Sat: 10.30-12pm	<b><u>CORBY</u></b> St.Peters and St.Andrews Church Beanfield Avenue  NN18 0EH Weds:6.30-7.30pm	<b>NEW CLASSES            COMING SOON!!!</b>
<b><u>ABINGTON</u></b> Headlands United Reform Church The Headlands  NN3 2NU Fri: 6.30-8pm	<b><u>DALLINGTON</u></b> St.Andrews Methodist Church Harlestone Road  NN5 6AB Sat: 10.00-11.00pm	<b><u>ST.JAMES</u></b> Spencer & Dallington Community Centre Tintern Avenue  NN5 7BZ Mon:6-7pm & 7-8pm Tournament Class	<b><u>KINGSTHORPE</u></b> Kingsthorpe Community Centre Mill Lane  NN2 6RQ Fri: 6.30-8pm	<b><u>DUSTON</u></b> St.Crispin Social Club Berrywood Road  NN5 4XD Weds:6-7 & 7.15-8.45pm
<b><u>BEDFORD SOUTH</u></b> Jubilation Centre Jubilee Park Calvin Way  MK42 0HL Sat: <b>REMAINS CLOSED</b>	<b><u>DALLINGTON</u></b> St.Andrews Methodist Church Harlestone Road  NN5 6AB Thurs: 6.30-7.30pm	<b>NEW CLASSES            COMING SOON !!!</b>	<b><u>KEMPSTON</u></b> The Church of Transfiguration Bedford Road  MK42 8BQ Mon: 6.30-7.30pm	<b><u>KEMPSTON</u></b> The Church of Transfiguration Bedford Road  MK42 8BQ Weds: 6-7pm

### General Information Sheet: Classes, Gradings & Locations

Normal training and grading classes continue throughout all school and public holidays  
 Upon joining, see your instructor about setting a date for your first grading (9<sup>th</sup> kyu, yellow tip). This is a FREE grading and is done as part of your normal class. All other gradings are £26 and this includes your belt.  
 Available 10 minutes before the start of each class will be an introductory meeting with your instructor.

**You are welcome to attend any of the above classes**

**All enquires call Daniel Freer (07931) 504 712**



Official Website: [www.gkrkarate.com](http://www.gkrkarate.com)