



LOCATION – NORTHEAST

CLASS TIMETABLE

DAY	SESSION				
MONDAY	Birtley 6.30 – 7.30pm Birtley Community Centre, Ravensworth Road, DH3 1EN.	Fawdon 6.30-7.30pm Fawdon Park Rd, Fawdon, Newcastle upon Tyne NE3 2PL	Longfield 6.30 – 7.30pm Longfield Academy, Longfield Rd, Darlington, DL3 0HT.	Middlesbrough 6.30 – 7.30pm Erimus Quoit & Rifle Club, Cumberland Rd, TS5 6JB.	
TUESDAY	Birtley 6.00 – 7.00pm Birtley Community Centre, Ravensworth Road, DH3 1EN.	Birtley 7.15 – 8.30pm REOPENING SOON	Advanced senior training 4th kyu and above	South Shields 6.00 – 7.00pm REOPENING SOON	
WEDNESDAY	West Denton 7.00 - 7.30pm West Denton Community Centre, Hillheads Road, NE5 1DN.	Longbenton 6.30 - 7.30pm REOPENING SOON	Middlesbrough 6.30 – 7.30pm REOPENING SOON	Advanced senior training 4th kyu and above	
THURSDAY		 Find us on: facebook.	https://www.facebook.com/GKRKarateRegion11UnitedKingdom/		
FRIDAY	Grangefield 6.30 - 7.30pm Grangefield Youth & Community Centre, 195 Oxbridge Ln, Stockton, TS18 4HY.	Oxclose 6.00 – 7.00pm Oxclose School in the canteen, Dilston Close, NE8	Wallsend 7.30 – 8.30pm Unit 14, Infinity Fitness, Coastway Shopping Centre, NE28 9PA	West Denton 6 - 7pm & 7.15 – 8.15pm West Denton Community Centre, Hillheads Road, NE5 1DN.	Willow Road 6.30 – 7.30pm Willow Rd Comm. Centre, Darlington, DL3 6PZ.
SATURDAY	Birtley 10 - 11am & 11.15 – 12.15pm Birtley Community Centre, Ravensworth Road, DH3 1EN.	Birtley 12.30 – 1.30pm REOPENING SOON	South Shields 10 – 11am & 11.15 – 12.15pm REOPENING SOON	Thornaby 10.30 – 11.30am REOPENING SOON	
SUNDAY	Middlesbrough 10.30 – 11.30pm REOPENING SOON	Wallsend 11.30 – 12.30pm Unit 14, Infinity Fitness, Coastway Shopping Centre, NE28 9PA.		Birtley 10.00 – 12noon	Tournament Training

ARRIVE AT CLASS 15 MINUTES EARLY TO WARM UP AND SIGN IN. ALL CLASSES ARE INCLUDED IN YOUR DIRECT DEBIT.
NORMAL GRADINGS AND CLASSES OR ON THROUGH PUBLIC HOLIDAYS AND SCHOOL HOLIDAYS EXCEPT A SHORT BREAK OVER CHRISTMAS