



GKR KARATE

KARATE FOR EVERYONE

NORTH EAST LONDON & WEST ESSEX

<p>WALTHAMSTOW</p> <p>SYLVESTRIAN LEISURE CENTRE COLLEGE PLACE E17 3PY</p> <p>SATURDAY 10:00 - 11:00AM 11:00 - 12:00PM as of 27th May</p>	<p>ROMFORD</p> <p>Remains Closed FOREST ROW CENTRE LODGE LANE RM5 2LJ</p> <p>TUESDAY 7:00 – 8:00 PM</p>	<p>MUSWELL HILL</p> <p>COLDFALL PRIMARY SCHOOL COLDFALL AVENUE N10 1HS</p> <p>SATURDAY 10:00 – 11:00AM 11:00 – 12:00PM</p>
<p>ARCHWAY</p> <p>Remains Closed HARGRAVE HALL HARGRAVE ROAD N19 5SP</p> <p>WEDNESDAY 6:45-7:45PM</p>	<p>For more information or if you have any questions please contact Sensei Emma on 07530 756 634 or email region12uk@gkrkarate.com</p>	<p>TOTTENHAM</p> <p>KEMBLE HALL KEMBLE ROAD N17 9UJ</p> <p>THURSDAY 7:00 – 8:00PM</p>
<p>CHADWELL HEATH</p> <p>Remains Closed Warren School Whalebone Lane RM6 6SB</p> <p>WEDNESDAY 7:30-8:30</p> <p>SATURDAY 10:30 – 11:30AM 11:30 – 12:30PM</p>	<p>REDBRIDGE</p> <p>Remains Closed BEAL HIGH SCHOOL WOODFORD BRIDGE ROAD IG4 5LP</p> <p>THURSDAY 6:30-7:30 7:45 – 9:15PM (3rd kyu brown belt+ only)</p>	<p>REGIONAL GRADING</p> <p>SYLVESTRIAN LEISURE CENTRE COLLEGE PLACE E17 3PY</p> <p>SUNDAY* 1:15 – 2:45PM (Grading's are held on the fourth Sunday of each month by invitation only – please ask your instructor for more details)</p>

Suites 21/23, Foundry House, Widnes Business Park, Waterside Lane, Widnes, WA8 8GT

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