



GKR KARATE

KARATE FOR EVERYONE

<p><u>COLCHESTER</u></p> <p>NORTHERN GATEWAY SPORTS PARK CUCKOO FARM WAY COLCHESTER</p> <p>CO4 5YX <u>WEDNESDAY</u></p> <p>6:30-7:30</p>	<p><u>TIPTREE</u></p> <p>TIPTREE LEISURE WORLD MAYPOLE ROAD CO5 0EW</p> <p><u>MONDAYS</u></p> <p>6:30-7:30 7:30-8:30</p>	<p><u>MALDON</u></p> <p>BLACKWATER LEISURE CENTRE PARK DRIVE CM9 5UR</p> <p><u>SATURDAYS</u></p> <p>10:30-11:30 11:30-12:30</p>	<p><u>KESGRAVE</u> Remains Closed</p> <p>HEATH PRIMARY SCHOOL BELL LANE IP5 1JG</p> <p><u>MONDAYS</u></p> <p>6:30-7:30</p>
<p><u>CHELMSFORD</u></p> <p>CHELMSFORD HIGH SCHOOL FOR GIRLS BROOMFIELD ROAD CM1 1RW</p> <p><u>THURSDAYS</u></p> <p>6:30-7:30</p>	<p><u>IPSWICH</u></p> <p>CHANTRY ACADEMY MALLARD WAY IPSWICH IP2 9HF</p> <p><u>TUESDAYS</u></p> <p>6:30-7:30 7:30-8:30</p>	<p><u>IPSWICH</u></p> <p>CHANTRY ACADEMY MALLARD WAY IPSWICH IP2 9HF</p> <p><u>SATURDAYS</u></p> <p>11:00-12:00 12:00-1:00</p>	<p><u>IPSWICH</u></p> <p>CHANTRY ACADEMY MALLARD WAY IPSWICH IP2 9HF</p> <p><u>SUNDAYS</u></p> <p>10:30-11:30</p>
	<p><u>Grading</u></p> <p>BLACKWATER LEISURE CENTRE PARK DRIVE CM9 5UR</p> <p>Please see grading slip for time and date. Invitation only.</p>	<p>Any queries please contact Emma on 07530756634 or Region16uk@gkrkarate.com</p>	

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

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