

GKR KARATE

Region 19 West & North West London

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

Zone Director / Senior Instructor Leke Prenga T: 0785 228 9324

Monday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Yeading Community Centre Hayes, UB4 9BH 6:30-7:30pm (Kids U18) (SENSEI CHUCK)</p>	<p>Yeading Community Centre Hayes, UB4 9BH 6:30-7:30pm (Kids U18) (SENSEI AMILCAR)</p>	<p>St Ann's Catholic Sch Chertsey, KT16 8ET 6:00-7:00pm (Kids) 7:15-8:15pm (Adults) (SENSEI IAN)</p>	<p>Featherstone Sports Centre Southall, UB2 5HF 6:00-7:00pm (Kids U18) 7:00-8:00pm (Adults) (SENSEI KAM)</p>	<p>Yeading Community Centre Hayes, UB4 9BH 10:00-11:00am(Kids U18) (SENSEI BALV)</p>	<p>Yeading Community Centre Hayes, UB4 9BH 10:00-11:00am (Kids U18) 11:00-12:00pm (Adults) (SENSEI ROHIN)</p>
<p>17th Harrow Scout Hut Harrow, HA1 3BE 6:30-7:30pm (Kid U18) (SENSEI JONATHAN)</p>	<p>St Hildas Church Ashford, TW15 3QL 6:00-7:00pm(Kids) 7:15-8:15pm (Adults) (SENSEI DEBBIE) Resume 17th of May</p>	<p>Senior Class Tuesday The Matthew Arnold Kingston Road Staines, TW18 1PF 7:00-9:00pm DOJO TBC</p>	<p>Yiewsley & W Drayton Community Centre West Drayton, UB7 9JL 6:30-7:30pm (Kids U18) (SENSEI CHRIS Resume 23rd of April</p>	<p>R/C Church Of Our L/Q Apostle Heston, TW5 0RL 11:00-12:00am(Kids U18) (SENSEI MICHELLE)</p>	<p>Spring West Academy Feltham, TW13 7EF 10:00-11:00pm (Kids U18) 11:00-12:00pm (Adults) (SENSEI MAX)</p>
<p>Spring West Academy Feltham, TW13 7EF 7:00-8:00pm (Kids U18) (SENSEI SIMON)</p>	<p>Rowe Community Centre Isleworth, TW7 6HY 7:00-8:00pm (Kids U18) (SENSEI ANDY)</p>	<p>Senior Class Yeading Community Centre Hayes, UB4 9BH 7:30-9:00pm DOJO TBC</p>	<p>Christ Church Feltham Hanworth Road Feltham Central, TW13 5AB 6:00-7:00pm (Kids U18) 7:15-8:39pm (Adults) (SENSEI PAUL & ELKE)</p>	<p>Spring West Academy Feltham, TW13 7EF 11:00-12:00pm (Kids U18) (SENSEI ROYSTON)</p>	
<p>R/C Church Of Our L/Q Apostle Heston, TW5 0RL 7:00-8:00pm (Kids U18) (SENSEI ANTHONY)</p>	<p>St Pauls Church Hall St Pauls Road Brentford, TW8 0PN 7:00-8:00pm(Kids U18) (SENSEI DAVID)</p>		<p>All Saints Church Hersham, KT12 5LU 7:00-8:00pm (SENSEI ROYSTON)</p>		
<p>St Charles Borromeo School Weybridge KT13 8JD 6:15-7:15pm (Kids U18) (SENSEI PHILIP) Resume 19th of April</p>	<p>Stanwell Village Hall Stanwell, TW19 7JR 5:00-6:00pm (Kids U18) 6:15-7:15pm (Kids U18) 7:30 - 8:30pm (Adults) (SENSEI NIGEL&DOUG)</p>		<p>Stanwell Village Hall Stanwell, TW19 7JR 5:00-6:00pm (Kids U18) 6:15-7:15pm (Kids U18) 7:30 – 8:30pm (Adults) (SENSEI PIERRE & ANTHONY)</p>		
<p>Stanwell Village Hall Stanwell, TW19 7JR 6:00-7:00pm (Kids U18) 7:15-8:15pm (Kids U18) 8:30 – 9pm (Adults) (SENSEI ALAN)</p>					