



2/12 SPALL STREET CARRARA – 01/10/23

CLASS TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---------------------------------|---------------------------------|---|---|---------------|
| 4.00 – 4.40pm Yoji (3-4 yrs) | 4.00 - 4.45pm 5-12 yrs | 4.00 – 4.40pm Yoji (3-4 yrs) | 4.00 – 4.40pm Yoji (3-4 yrs) | | 9.00 – 9.40am Yoji (3-4 yrs) | |
| 5.00 - 5.45pm Kumite Yellow Belt & Above | 5.00 - 5.45pm White, Yellow, Orange Belts | 5.00 - 5.45pm Family Class | 5.00 - 5.45pm Kata & Kumite | 5.00 - 5.45pm White, Yellow, Orange Belts | 10.00 - 11.00am Family Class | |
| 6.00 - 7.00pm Family Class | 6.00 - 7.00pm Family Class | 6.00 - 7.00pm Family Class | 6.00 - 7.00pm Family Class | 6.00 – 7.00pm Family Class | Kata 11.15 - 12.00pm White & Yellow Belts | |
| 7.15 - 8.15pm Blue Belt & Above | 7.30 - 9.00pm Instructor | 7.15 - 8.15pm Black Belts | 7.30 - 9.00pm Instructor | 7.15 - 8.15pm Kihon & Kata All Age & Grades | Kata 12.15 – 1.15pm Orange Belt & Above | |



www.facebook.com/GKRKarateRegion25Australia

WWW.GKRKARATE.COM

PH: 0421 428 321 – Sensei Mark McConnell

GKRKARATE
KARATE FOR EVERYONE