



GKR KARATE

KARATE FOR EVERYONE

REGION 25 GOLD COAST TIMETABLE www.gkrkarate.com

QLD Zone Director: Mark Case T: 0407 726 020 E: mcase@gkrkarate.com

DOJOS	ADDRESS	MON	TUES	WED	THUR	FRI	SAT	SUN
Banora Point	Banora Point Community Baptist Church. 19-21 Corporation Cct			5.30-6.30 6.45-7.45				
Tweed Heads	Tweed Heads South Community Centre.18 Heffron St, Tweed Heads				5.30-6.30			
Coolangatta	Coolangatta State Primary School Stapylton St, Kirra	5.30-6.30						
Kingscliff	Kingscliff Community Centre 81 Marine Parade, Kingscliff				6.30-7.30			
DOJOS	ADDRESS	MON	TUES	WED	THUR	FRI	SAT	SUN
Currumbin	Currumbin State Primary School Mitchell Avenue, Currumbin	6.15-7.15				6.15-7.15		
Elanora	Elanora State High School Nineteenth Avenue, Elanora		5.30-6.30					
Palm Beach	Tallebudgera Leisure Centre 1525 Gold Coast Hwy - Court 3				6.00-7.00			
Burleigh Heads	Burleigh Heads State School 1750 Lower Gold Coast Hwy			5.30-6.30				
DOJOS	ADDRESS	MON	TUES	WED	THUR	FRI	SAT	SUN
Varsity Lakes	Varsity College State School (Entrance) Christine Ave					Kata >	9.30-10.30 10.45-12.00	
Clear Island Waters	St Vincents Catholic School Fairway Drive, Clear Island Waters				5.30-6.30			
Mudgeeraba	Mudgeeraba Memorial Hall Railway Parade, Mudgeeraba						10.30-11.30	
Surfers Paradise	Surfers Paradise State School 42 St Andrews Ave, Isle of Capri						Blue Belt + >	9.30-10.30 10.45-12.00
DOJOS	ADDRESS	MON	TUES	WED	THUR	FRI	SAT	SUN
Parkwood	Arundel State Primary School Napper Road, Parkwood	6.15-7.15		6.15-7.15				
Labrador	Labrador Community Centre 57 Billington Street, Labrador					5.00-6.00 6.15-7.15		
Coombabah	Coombabah State High School 550 Pine Ridge Road, Coombabah						9.00- 10.00	
Runaway Bay	Runaway Bay Community Centre Lae Drive, Runaway Bay				5.30-6.30			
DOJOS	ADDRESS	MON	TUES	WED	THUR	FRI	SAT	SUN
Pacific Pines	Pacific Pines State High School Santo Isabel Boulevard					4.30-5.30 6.00-7.00		
Helensvale	Helensvale State High School Helensvale Road, Helensvale	5.00-6.00	Kata >	5.30-6.30 6.45-7.45				
Coomera 1	Upper Coomera State College 137 Reserve Rd, Upper Coomera	4.30-5.30 6.00-7.30				5.30-6.30		10.30-11.30
Coomera 2	Coomera Rivers State School Finnegan Way, Coomera	6.00-7.00		6.00-7.00				
Pimpama 1	Pimpama Secondary College Dixon Drive, Pimpama		6.00-7.00					
Pimpama 2	Pimpama School of Arts 15 Clark Way, Pimpama					4.30-5.30		
Pimpama 3	Pimpama Sports Hub 139 Rifle Range Road, Pimpama	5.30-6.30						
Ormeau	Ormeau Woods State High School 148 Goldmine Road, Ormeau		6.00-7.00			6.00-7.00	10.00-11.00	

General information: You are welcome to train at any of the locations on this timetable. All classes (unless specified) are open to all ages. Normal training sessions and gradings continue throughout school and public holidays except Christmas/New Year.