

CENTRAL COAST REGION 15

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GKR KARATE
KARATE FOR EVERYONE



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DOJO	ADDRESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1/10 O'Hart Close Charmhaven	Downstairs	4:15 - 4:45pm YOJI CLASS 3-4yrs			4:15 - 4:45pm YOJI CLASS 3-4yrs			
		5:00 - 5:45pm JUNIORS 5-12yrs	5:00 - 5:45pm JUNIORS 5-12yrs	5:00 - 5:45pm JUNIORS 5-12yrs	5:00 - 5:45pm JUNIORS 5-12yrs	5:00 - 5:45pm JUNIORS 5-12yrs		
		6:00 - 6:45pm WHITE - ORANGE BELT	6:00 - 6:45pm WHITE - ORANGE BELT	6:00 - 6:45pm WHITE - ORANGE BELT	6:00 - 6:45pm WHITE - ORANGE BELT	6:00 - 6:45pm WHITE - ORANGE BELT		9:00 - 9:45am ALL AGES & GRADES
	Upstairs	6:00 - 6:45pm GREEN BELT +	6:00 - 6:45pm GREEN BELT +	6:00 - 6:45pm GREEN BELT +	6:00 - 6:45pm GREEN BELT +	6:00 - 6:45pm GREEN BELT +		10:00 - 10:45am KATA CLASS YELLOW BELT +
			7:15 - 8:15pm INSTRUCTOR CLASS INVITATION ONLY	7:00 - 7:45pm GREEN BELT +				