

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
GOSFORD PRIME	Gosford Showground Showground Rd  Dwyer Pavilion			11:00 - 11:45am ALL GRADES WELCOME 12 YRS +			9:15-9:45am KUMITE YELLOW BELT +	9:15 - 10:00am WHITE - ORANGE BELT
		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	10:00 - 10:45am ALL AGES & GRADES FAMILY	10:15 - 11:30am GREEN BELT +
		6:00 - 6:45pm ALL AGES & GRADES FAMILY	6:00 - 6:45pm WHITE - ORANGE BELT	6:00 - 6:45pm ALL AGES & GRADES FAMILY	6:00 - 6:45pm TOURNAMENT CLASS INVITATION ONLY	6:00 - 6:45pm ALL AGES & GRADES FAMILY		
			7:00 - 7:45pm GREEN BELT +	7:00 - 7:45pm GREEN BELT +	7:30 - 9:00pm INSTRUCTOR CLASS INVITATION ONLY			