



## Capalaba Karate Centre

Address: 12/174 Redland Bay Road, Capalaba, Qld



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kids Class</b> 5-12 years 4pm - 4:45pm	<b>Kids Class</b> 5-12 years 3:45pm - 4:30pm	<b>Kids Class</b> 5-12 years 4pm - 4:45pm	<b>Kids Class</b> 5-12 years 5-5:45pm	<b>Kids Class</b> 5-12 years 5-5:45pm	<b>Kids Class</b> 5-12 years 9:45 - 10:30am	<b>Family class</b> 5+ years 9am – 10am
<b>Yojis</b> 3-5 years 5:15 - 5:45pm		<b>Yojis</b> 3-5 years 5:15 - 5:45pm		<b>Yojis</b> 3-5 years 5:15 - 5:45pm	<b>Yojis</b> 3-5 years 9 - 9:30am	
<b>Kids Class</b> 5-12 years 5 - 5:45pm		<b>Kids Class</b> 5-12 years 5 - 5:45pm				
<b>Kata Class</b> 5+ years 6 - 7pm	<b>Family class</b> 5+ years 4:45 - 5:45pm	<b>Family class</b> 5+ years 6 - 7pm	<b>Family class</b> 5+ years 6 - 7pm	<b>Family class</b> 5+ years 6 - 7pm	<b>Family class</b> 5+ years 11am -12noon	
	<b>Advanced Class</b> 6pm - 7:30pm 5 <sup>th</sup> Kyu+	<b>Black Belt Class</b> 1st Kyu + 7pm - 9pm		<b>Black Belt Class</b> 1st Kyu + 7pm - 9pm		<b>Nidan Class</b> 1 <sup>st</sup> Sunday of each month 5pm - 6:30pm

-> Please arrive 15 mins early. -> Classes are on ALL public and school Holidays. -> Christmas break 23/12/2024 – 6/1/2025 -> Gradings are held monthly (except January), see your Instructor for details. -> Students may invite a friend or family member to a class for a free trial lesson.  
-> Training equipment can be purchased/ordered at the Centre.

<b>Membership/Training fee questions?</b>	Wayne Dunbar	0414 380 853	<a href="mailto:wdunbar@gkrkarate.com">wdunbar@gkrkarate.com</a>
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