



Timetable – Classes for New Starters to Green Belt

| Area | Address | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------------|--------------------------------|---------------|---------------|---------------|---------|---------|----------|-----|
| Balmoral High School | Gate 3, Thynne Road | 6:30pm-7:30pm | | 6:30pm-7:30pm | | | | |
| Belmont State School | MP Room Bridgnorth street. | | | | 6pm-7pm | | | |
| Salisbury State School | Lillian Ave | | | | | 5pm-6pm | | |
| Moorooka State School | Beaudesert Rd Moorooka | | 6:15pm-7:15pm | | | | | |
| Eagleby South State School | Fryar Road and River Hills Rd. | 6pm-7pm | | 6pm-7pm | | 6pm-7pm | | |
| Wellington Pt. High School | Anson Road Wellington Pt. | | 6pm-7:30pm | | | | | |
| Wellington Pt. State School | 476 Main road Wellington Pt. | | | | | | 9am-10am | |

Timetable – Classes for Blue Belts and above...

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| <p>ADVANCED CLASS* CAPALABA Tues 6pm-7.30pm @ Capalaba Karate Centre. 12/172 Redland Bay Road, Capalaba Grading Assessment Class * 5th kyu +</p> | <p>ADVANCED CLASS * CARINDALE Thurs 6pm-7.30pm @ Belmont State School. Bridgnorth st, Carindale Grading Assessment Class * 5th kyu +</p> | <p>BLACK BELT CLASS* CAPALABA Wed & Fri 7pm-9pm @ Capalaba Karate Centre. 12/172 Redland Bay Road, Capalaba * 1st kyu +</p> | <p>TOURNAMENT SKILLS CLASS * MANSFIELD Sun 5pm-7pm @ Mansfield High School. Sports Hall. Ham road, Mansfield. * All Karate grades welcome. Ages 5+. 2nd, 3rd, 4th & 5th Sundays of each month only</p> |
| <p>SENIOR CLASS * CAPALABA Tues 7.30pm-9pm @ Capalaba Karate Centre. 12/172 Redland Bay Road, Capalaba * 1st kyu +</p> | <p>SENIOR CLASS * CARINDALE Thurs 7.30pm-9pm @ Belmont State School. Bridgnorth Street, Carindale * 1st kyu +</p> | <p>BLACK BELT CLASS * MANSFIELD Sun 5pm-7pm @ Mansfield High School. Sports Hall. Ham road, Mansfield. * 1st kyu + 2nd, 3rd, 4th & 5th Sundays of each month</p> | <p>NIDAN CLASS * CAPALABA Sun 5pm-6:30pm @ Capalaba Karate Centre. 12/172 Redland Bay Road, Capalaba * 1st Sunday of the month only. * 2nd Dan +</p> |

-> 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. -> Training equipment can be purchased/ordered at class. -> DOJO & CLASS UPDATES - [Team App](#)

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| Membership/Training fee questions? | Wayne Dunbar | 0414 380 853 | wdunbar@gkrkarate.com |
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| Mount Gravatt East State School | 58 Newnham Road | 6-7:30pm | | Kids 5pm-5:45pm 6pm-7pm | | Kids 5pm-5:45pm 6pm-7pm | | |
| Holland Park State School | Wilbur St. Holland Park | | | | | | | 10am-11:30am |
| Rochedale | St Peter's Catholic School 955 Rochedale Road | | 6pm - 7pm | | 5:30pm - 6:30pm | | 9am - 10am | |
| Springwood High School | 202 Springwood Road | 6:15-7:15pm | | | | Kids 5pm-5:45pm 6pm-7pm | | |
| Kimberley Park State School | Floret St. Kimberley Park | | | 6pm-7:30pm | | 5-6:30pm | | 9-10am |
| Wondall Heights State School | 260 Wondall Road | | | | | 6pm-7pm | 9am-10:30am | |
| Wynnum Manly West State School | 226 Manly Road, Manly West | 6-7pm | | 6-7pm | | | | |
| Cleveland State School | Queen St. Cleveland | Kids 4:30 - 5:30pm 6-7pm | | 6pm-7.30pm | 6pm-7:30pm | | | |
| Redland Bay Community Hall | Weinam St. Redland Bay | | | 6pm-7:30pm | | 6pm-7pm | | |
| Victoria Point YMCA | 128 Link Road Victoria Pt. | 6:30pm-8pm | The YMCA Hall is located at the very end of the driveway. Keep going to the last building. | | | | | |

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