



REGION 33 - NORTHAMPTON

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KEMPSTON 6-7pm The Church of Transfiguration, Bedford Rd, MK42 8BQ	RUSHDEN 6.30-7.30pm St Peter's Church, Midland Rd, NN10 9UJ	CORBY 6.30-7.30pm St Peter's & St Andrew's Church, NN18 0EH	RECTORY FARM 6-7pm & 7-8pm Rectory Farm Comm Centre, Olden Rd, NN3 5DD	THRAPSTON 6-7pm & 7-8pm Islip Village Hall, Farm Lane, NN14 3LY	IRTHLINGBOROUGH 10.30-12pm Comm Centre, Fettleline Rd, NN9 5FX	RAUNDS 11-12pm Manor School, Mountbatten Way, NN9 6PA
ST JAMES 6-7pm & 7-8pm Spencer & Dallington Comm Centre, NN5 7BZ	WELLINGBOROUGH CTRL 6.30-7.30pm Hindu Community Centre, Highfield Rd, NN8 1PL	KEMPSTON 6-7pm The Church of Transfiguration, Bedford Rd, MK42 8BQ	RUSHDEN 6-7pm Highfield Baptist Church, Highfield Rd, NN10 9UJ	GRANGE PARK 6.30-7.30pm & 7.30-8.30pm Grange Park Comm Centre, School Lane, NN4 5FZ	WELLINGBOROUGH CTRL 10-11am Hindu Community Centre, Highfield Rd, NN8 1PL	KETTERING 10.30-12pm St John the Evangelist Church, Edith Rd, NN16 9UF
	FAR COTTON 6-7pm The Abbey Centre, Overslade Cl, NN4 0RZ	DUSTON 6-7pm & 7.15-8.45pm St Crispin's Social Club, Berrywood Rd, NN5 4XD	KETTERING ISE 6.30-7.30pm & 7.30-8.30pm Ise Lodge Comm Centre, St Vincent Ave, NN15 5DR	ABINGTON 6-7pm & 7-8pm Headlands United Reform Church, NN3 2NU	RECTORY FARM 10.30-11.30am Rectory Farm Comm Centre, Olden Rd, NN3 5DD	WOOTON 10-11am Wooton Comm Centre, Curtlee Hill, NN4 6ED
			BRIAR HILL 6.45-7.45pm Comm Centre, The Springs, NN4 8SX	KINGSTHORPE 6.30-8pm Kingsthorpe Comm Centre, Mill Lane, NN2 6RQ	DALLINGTON 10-11am St Andrew's Methodist Church, Harlestone Rd, NN5 6AB	CORBY 10.30-12pm Kingswood Comm Centre, Alberta Close, NN18 9HU
ALL CLASSES IN RED ARE OPEN TO 13+ YRS OR GREEN BELT+			CORBY 6-7pm & 7-8pm Danesholme Comm Centre, Danesholme Sq, NN18 9EJ			BEDFORD 10-11am & 11-12pm Scotts Hall, Barford Ave, MK42 0DS
			DALLINGTON 6.30-7.30pm St Andrew's Methodist Church, Harlestone Rd, NN5 6AB			

 www.facebook.com/GKRKarateRegion33UnitedKingdom

WWW.GKRKARATE.COM

PH:07931 504 712

GKRKARATE
KARATE FOR EVERYONE