



**GKR KARATE**  
KARATE FOR EVERYONE

## Region Timetable

General Information: **1.** There is no training over the Christmas period. **2.** The first grading to yellow tip or 9th kyu is done as a part of a normal class. **3.** Further gradings are held at our Highland Park Dojo on the 2nd Sunday of every month. (see your Sensei for details) Gradings up to blue belt are \$45. From red belt \$55. Belts \$10 each. **4.** For your first class it is important to be 20 mins early for a short introduction. **5.** You are welcome to attend any of these locations.

DOJO	ADDRESS	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Three Kings</b>	Auckland Deaf Society	Now relocated to Mt Roskill War Memorial Hall- Last Class 29th Jan 2024						
<b>Mt Roskill</b>	Mt Roskill War Memorial Hall 15 May Road Wesley	5.15 -6.00pm 6.15-7.15pm 7.30-8.30pm	← 5- 9 yrs- All grades ← All ages & grades ← 13yrs + & Advanced					
<b>Glen Innes</b>	Glen Taylor School 172 W Tamaki Rd, Glen Innes enter from 5 Navarre Road		6:15 - 7:15pm 7:30 - 8:30pm	← All ages & grades ← 13yrs + & Advanced	6:15 - 7:15pm 7:30 - 8:30pm	← All ages & grades ← 13yrs + & Advanced		
<b>Glendowie</b>	Glendowie Primary School 217 Riddell Rd, Glendowie					6:15 - 7:15pm 7:30 - 8:30pm	← All ages & Grades ← 13yrs + & Advanced	
<b>Point England</b>	Point England Primary 130 Pt England Rd, Pt England	6:00 - 7:00pm	← All ages & Grades					
<b>Mount Wellington</b>	Bailey Road Primary 19 Bailey Rd, Mt Wellington		6:15 - 7:15pm 7:15 - 8:15pm	← All Grades ← colour belts				
<b>Onehunga</b>	Saint Josephs School 125 Church St, Onehunga						10:30 - 11:20am 11:30 - 12:30pm	← All Grades ← colour belts
<b>Dannemora</b>	Baverstock Oaks School	Temporary Relocation to Whitford Community hall due to school refurbishments. Last class 1st February						
<b>Whitford</b>	Whitford Community Hall 1 Whitford-Maraetai Road		6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr ← 13yrs + & Advanced	6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr ← 13yrs + & Advanced		
<b>Ormiston</b>	Ormiston Primary School 291 Ormiston Rd, Flatbush					6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr & Families ← 13yrs +	
<b>Everglade</b>	Tahia Wahia Guide Hall 68 Everglade Drive, Manukau				6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr ← 13yrs +		
<b>Papatoetoe</b>	Alan Brewster Leisure Centre 7 Tavern Lane, Papatoetoe						3:15 - 4.15pm 4:30 - 5:30pm	← under 13yr & Families ← 13yrs +
<b>Homai</b>	Homai Primary 89 Browns Rd, Manurewa	6:15 - 7:15pm 7.30 - 8:30pm	← All ages & grades ← 13yrs + & Advanced					
<b>Clendon Park</b>	Waimahia Intermediate 44 Palmers Road. Clendon Park		6:15 - 7:15pm 6:15 - 8:00pm	← white belts ← colour belts				
<b>Papakura</b>	Papakura High School Willis Rd, Papakura	6:30 - 7.30pm 6:30 - 8:00pm	← white belts ← colour belts		5:45 - 6:15pm 6:30 - 7.30pm 6:30 - 8:00pm	←Yoji (3&4yo) ← white belts ← colour belts	Yoji (3&4yo)→ All ages & Grades→	09:45 - 10:15am 10:30 - 12:00pm
		<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>

If you have any questions regarding our club locations, or training with us, call us on 021 0600 380