CENTRAL COAST REGION 15 T: 0450 011 640 E: cmares@gkrkarate.com

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|------------|--|--|------------------------------------|--|------------------------------------|------------------------------------|----------|--------------------------------------|
| DOJO | ADDRESS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Gwandalan | Gwandalan Community Hall cnr Koowong Rd & Noamunga Cres | 5:00 - 5:45pm JUNIORS 5-12yrs | | 5:00 - 5:45pm JUNIORS 5-12yrs | | | | |
| | | 6:00 - 6:45pm WHITE - ORANGE BELT | | 6:00 - 6:45pm ALL AGES & GRADES | | | | |
| | | 7:00 - 7:45pm GREEN BELT + ALL AGES | | | | | | |
| Mardi | Woodbury Park Community Centre 1 Woolmers Crescent, Mardi | 4:30 - 5:15pm JUNIORS 5-12yrs | | | | | | |
| Tuggerah | Tuggerah Public School 1 Pacific Hwy, Tuggerah | 6:00 - 6:45pm ALL AGES & GRADES | | | | | | |
| Bateau Bay | Bateau Bay Anglican Church Hall 2 Tyrrell Place, Killarney Vale | 6:00 - 7:00pm ALL AGES & GRADES | | 6:00 - 7:00pm ALL AGES & GRADES | | | | |
| Erina | Erina Trust Community Hall 27 Karalta Rd Cnr Ilya Ave, Erina | | | | 4:15 - 4:45pm YOJI CLASS 3-4yrs | | | |
| | | 5:00 - 5:45pm ALL AGES & GRADES | | | 5:00 - 5:45pm JUNIORS 5-12yrs | | | |
| | | | | | 6:00 - 6:45pm ALL AGES & GRADES | | | |
| | Woodport Public School 144 The Entrance Rd, Erina | | | | | | | 10:00 - 10:45am ALL AGES & GRADES |
| Kincumber | Kincumber Neighbourhood Centre 20 Kincumber St, Kincumber | | | | | 5:00 - 5:45pm JUNIORS 5-12yrs | | |
| | | | | | | 6:00 - 6:45pm ALL AGES & GRADES | | |
| Terrigal | Terrigal Public School Halll 22 Havenview Rd, Terrigal | | 5:00 - 5:45pm ALL AGES & GRADES | | | | | |
| Woy Woy | Peninsula Community Centre McMasters Rd | | 4:15 - 4:45pm YOJI CLASS 3-4yrs | | 4:15 - 4:45pm YOJI CLASS 3-4yrs | | | |
| | | | 5:00 - 5:45pm JUNIORS 5-12yrs | | 5:00 - 5:45pm JUNIORS 5-12yrs | 6:00 - 7:00pm ALL AGES & GRADES | | |
| Umina | Umina Public School Sydney Ave | 6:00 - 6:45pm WHITE - ORANGE BELT | | 6:00 - 6:45pm WHITE - ORANGE BELT | | | | |
| | | 7:00 - 7:45 pm GREEN BELT + ALL AGES | | 7:00 - 7:45pm GREEN BELT + ALL AGES | | | | |