



REGION 30 – NOTTINGHAM EAST

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p>DAYBROOK St Paul's Church Hall, Daybrook, NG5 6JD</p> <p>↓</p> <p>6-7pm Karate Fundamentals (under 13's)</p>	<p>DAYBROOK St Paul's Church Hall, Daybrook, NG5 6JD</p> <p>↓</p> <p>5.30-6.15pm Kids Club (under 13's)</p>	<p>DAYBROOK St Paul's Church Hall, Daybrook, NG5 6JD</p> <p>↓</p> <p>6-7pm Karate Fundamentals (under 13's)</p>	<p>DAYBROOK St Paul's Church Hall, Daybrook, NG5 6JD</p> <p>↓</p> <p>10-11am Beginners Class (white-orange belts)</p>	
		<p>6-7pm Karate Fundamentals (13yrs +)</p>	<p>6.30-7.30pm Karate Fundamentals (under 16's)</p>	<p>6-7pm Karate Fundamentals (13yrs +)</p>	<p>11-12pm Intermediate Class (green belts & above)</p>	
		<p>7-8pm Kata & Kumite (all ages welcome)</p>	<p>6.30-7.30pm Karate Fundamentals (16yrs +)</p>	<p>7-8pm Kata & Kumite (all ages welcome)</p>		
			<p>7.45-9pm Senior Class (invitation only, 14yrs +)</p>			

 www.facebook.com/GKRKarateRegion30UnitedKingdom

WWW.GKRKARATE.COM

PH:07832 165 005

GKRKARATE
KARATE FOR EVERYONE