

# **Sunshine Coast Region 24**

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## APRIL 2024 TIMETABLE

DOJO	ADDRESS	MON	TUE	WED	THU	FRI	SAT	SUN
BIRTINYA PRIME	FULL TIME DOJO 5/10 Capital Place Birtinya	4-4:45pm (KIDS CLUB) 6-7:15pm (ALL GRADES) 7:15-8pm (KATA CLASS)	4-4:45pm (KIDS CLUB) 5-5:45pm (White, Yellow & Orange Belts) 6-7pm (ALL GRADES)	4-4:45pm (KIDS CLUB) 5-5:45pm (White, Yellow & Orange Belts) 6-7pm (Green Belts & above)	6-7pm (All Grades)		9-9:45am (KIDS CLUB for White, Yellow & Orange belts) 10-10:45am (KIDS CLUB for Green Belts & above)	SPECIAL SEMINAR ON THE LAST SUNDAY OF THE MONTH
BRIBIE ISLAND	Bribie Island Lions Club Hall (near Water Tower) Sunderland Drive	6:15-7:15pm						
CABOOLTURE	Caboolture State High School Volleyball Centre Hayes Street entrance	6:30-7:30pm		6:30-8pm	6-7pm		9-10am (KIDS CLUB) 10:30-12	
DECEPTION BAY	Christ the King School 54 Thompson Road				6-7pm		9-10:30am	
MORAYFIELD	Morayfield High School Aireal Crescent	5:15-6:15pm 6:30-7:30pm				6-7pm		
NORTH LAKES 1	North Lakes State College Sports Stadium Innovation Place Carpark Off Memorial Dr		4:30-5:30pm (KIDS CLUB) 5:45-6:45pm					
NORTH LAKES 2	North Lakes State College Sports Hall Cnr of The Corso & Endeavour Blvd					6-7pm		
NORTH LAKES 3	North Lakes State College Performing Arts Hall Joyner Circuit			6-7pm				
SENSEI CLASS (Invitation only)	Birtinya Prime Dojo except on the 1st & 3rd Thursday of the month when it is held at Caboolture Dojo		7:15-8:45pm	10-11:30am	7:15-8:45pm			
BLACK BELT CLUB	Birtinya Prime Dojo		6-7pm (1 <sup>st</sup> Kyu by invitation also)					

#### GENERAL INFORMATION

\*Get the most out of your Unlimited Training Pass by attending any suitable class on this timetable or ask your Sensei for suggestions. \*Your first Grading (9<sup>th</sup> Kyu Yellow Tip) and your third (7<sup>th</sup> Kyu Ho Orange Tip) are free and are done as part of a normal class. \*Regional Gradings take place on the 2<sup>nd</sup> Sunday of every month at Birtinya Prime Dojo 5/10 Capital Place in Birtinya from 10am-11am for students attempting Yellow & Orange Belts and 11:15am-12:30pm for students attempting Green Belt and above.

### DO YOU WANT TO TRAIN WITH YOUR FAMILY AND ENJOY THE BENEFITS OF KARATE TOO?

*Contact Sensei Andrew Howell on 0407 695 005 or email <u>ahowell@gkrkarate.com</u> for all general training queries or new membership enquiries for exclusive special introductory offers.* 

# WOULD YOU LIKE TO FIND OUT ABOUT A MARKETING ROLE WITH THE CLUB?

Call or SMS 0407695005 as we have paid positions available for motivated people from within our Karate family. Why not spend your time helping families to join our amazing club in a supportive and professional environment.