



Region 4 KINGSGROVE PRIME

CLASS TIMETABLE

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoji (3-4yr olds)	3:15 – 3:45pm 3:50 – 4:20pm		3:50 – 4:20pm			08:50 – 09:20am	
Kids Class (5-12 yr olds)	4:30 – 5:15 <i>(white belts)</i> 4:30 – 5:15pm <i>(yellow belt +)</i>	4:30 – 5:15 <i>(white belts)</i> Coming soon	4:30 – 5:15 <i>(white belts)</i> Coming soon	4:30 – 5:15 <i>(white belts)</i> 4:30 – 5:15pm <i>(yellow belt +)</i>	4:30 – 5:15 <i>(white belts)</i> 4:30 – 5:15pm <i>(yellow belt +)</i>		Please Note: Sunday Classes are CLOSED every 2 nd Sunday of the month or for special events
Beginner/Adult Class White/Yellow Belts (5 yr olds and above)	6:00 – 6:45pm	5.00 – 5:45pm	5:25 – 6:10pm	5:45 – 6:30	5:30 – 6:15	09:30– 10:30	
Family/Adult Class All grades unless specified (5 yr olds and above)	6.00 – 6:45pm 7:00 – 7:45pm Orange belts & above	6.00 – 7.00pm 7.00 – 8.00pm	6:15 – 7:00pm 7.00 – 8.00 pm		6:30 – 7:30	10:45 – 11:45 12yrs & above	10:30 – 11:30
Specialised Class	5:30 – 6:00 Kids Kata (1 st & 2 nd only) 8:00 – 8:45pm Format & Kata Orange belts & above	5:00 – 6.30pm 15 + orange belt +	4:30 – 5:15pm Advanced Kids Strictly Blue belt & above OR invitation	5:30 – 6:15 BOX Fit 6:30 – 7:30 Kata Class	5:30 – 6:15pm Tournament Class Strictly Orange tip		10:30 – 11:30 Open Mats
Advanced Class	10 – 11.30 am 5:15 – 6:00pm Advanced Kids Strictly blue belt & above			7.30 - 9.00pm Senior Class 3 rd Kyu & above			



GKRKarateRegion4Australia

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