



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 \$55. From red belt \$65. 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
Mt Roskill	Mt Roskill War Memorial Hall 15 May Road Wesley	4.30 -5.00pm 5.15 -6.00pm 6.15-7.15pm 7.30-8.30om	← Yoji (3&4yo) ← 5- 9 yrs ← All ages 5yrs + ← 13yrs +					
Three Kings	Fickling Convention Centre 546 Mt Albert Road, Three Kings					4.30 -5.00pm 5.30 -6.30pm	← Yoji (3&4yo) ← All ages 5yrs +	
Mount Wellington	Bailey Road Primary 19 Bailey Rd, Mt Wellington		6:15 - 7:15pm 7:15 - 8:15pm	← All Grades ← colour belts				
Onehunga	Saint Josephs School 125 Church St, Onehunga						10:30 - 11:20am*** 11:30 - 12:30pm	← All Grades 5+ ← colour belts
Glen Innes	Glen Taylor School 172 W Tamaki Rd, Glen Innes		6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs+ ← 13yrs +	6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs+ ← 13yrs +		
Glendowie	Glendowie Primary School 217 Riddell Rd, Glendowie					6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +	
Dannemora	Baverstock Oaks School 21 Baverstock Rd, Flatbush		6:15 - 7:15pm*** 7:30 - 8:45pm	← All ages 5yrs + ← 13yrs +	6:15 - 7:15pm*** 7:30 - 8:45pm	← All ages 5yrs + ← 13yrs +		
Ormiston	Ormiston Primary School 291 Ormiston Rd, Flatbush					6:30 - 7:30pm *** 8:00 - 9:00pm	← All ages 5yrs + ← 13yrs +	
Papatoetoe	Alan Brewster Leisure Centre 7 Tavern Lane Papatoetoe					Sat Beginners→	1:30 - 2.30pm 3:00 - 4.00pm*** 4:30 - 5:30pm	← White Belts ← Colour Belts ← 13yrs +
Everglade	Tahia Wahia Guide Hall 68 Everglade Drive, Manukau				6:15 - 7:15pm*** 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +		
Manurewa	Manurewa South Primary 18-26 Totara Road. Manurewa	6:15 - 7:15pm 7.30 - 8:30pm	← All ages 5yrs+ ← 13yrs +					
Clendon Park	Waimahia Intermediate 44 Palmers Road. Clendon Park		6:15 - 7:15pm 6:15 - 8:00pm	← white belts ← colour belts				
Beachlands	Beachlands Memorial hall 49 Wakelin Road, Beachlands		6:00 - 7:00pm 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +		6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +	
Papakura	Papakura High School Willis Rd Papakura	6:30 - 7.30pm 6:30 - 8:00pm	← white belts ← colour belts		5:30- 6.00pm*** 6:30 - 7.30pm 6:30 - 8:00pm	← Yoji (3&4yo) ← white belts ← colour belts	Yoji (3&4yo)→ White Belts→ Colour Belts→	9:30 -10am*** 10:30 - 11:30pm 10:30 - 12:00pm
		MON	TUE	WED	THU	FRI	SAT	SUN

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

*** Classes Full. Wait list to join

Timetable as at 24th May 2025