



GKR KARATE **PRIME**

KARATE FOR EVERYONE

CANNING VALE

Unit 3/2-6 Tulloch Way, Canning Vale.
 REGION 12 - Effective as of December 2022
 Senior Instructor : Jenna Sinclair

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Junior Beginners 5-10 years 4:30 - 5:15pm		Junior Beginners 5-10 years 4:30 - 5:15pm	Junior Beginners 5-10 years 4:30 - 5:15pm	Junior Beginners 5-10 years 4:30 - 5:15pm	Junior Beginners 5-10 years 9:00 - 9:45am	Junior Beginners 5-10 years 9:00 - 9:45am
Family Beginners 5:30 - 6:15pm	Family Beginners 5:30 - 6:15pm	Family Beginners 5:30 - 6:15pm	Family Beginners 5:30 - 6:15pm	Family Beginners 5:30 - 6:15pm	Family Beginners Mat 1 10:00 - 10:45am	Advanced Mat 2 10:00 - 10:45am
Advanced 6:30 - 7:30pm	Advanced 6:30 - 7:30pm	Advanced 6:30 - 7:30pm	Advanced 6:30 - 7:30pm	Advanced 6:30-7:30pm	Family Beginners Mat 1 11:00 - 11:45am	Advanced Mat 2 11:00 - 11:45am
Junior Beginners	Yellow classes are activity based classes designed to help younger students learn the basics of karate in a fun and interactive way.					
Family Beginners	Blue classes are for beginner students and families who are Orange belt and below.					
Advanced	Purple classes are strictly for students Green belt and above students or beginner students 13+ .					
GRADINGS	Second Sunday of every month.					12 - 3pm



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