



# GKR KARATE

KARATE FOR EVERYONE

## REGION 12

Ph: 0422 878 497 E: region12au@gkrkarate.com W: gkrkarate.com

Senior Instructor : Jenna Sinclair

(Effective as of 27th February 2024)

							LEGEND		
DOJO	ADDRESS	MON	TUE	WED	THUR	FRI	SAT	SUN	
Forrestfield	Woodlupine Community Centre Hale Road				6-7pm				
	Swan View Senior High School Gym Entry Via Weld Road		6-7pm				10.30-12pm		
Victoria Park	Leisure Life Rec Centre Corner Gloucester St and Kent St		#5-5:45pm *6-7pm				#10:00-10:45 *11:00-11:45		
York	York Recreation Centre Forrest Street		6-7pm			6-7.30pm			
<b>General Information:</b> You are welcome to train at any of the dojos on this timetable. All classes are open to all ages and grades (unless specified). All classes and gradings continue throughout the public and school holidays except Christmas / New Year.									
GRADINGS	Canning Vale Dojo, 3/2-6 Tulloch Way Canning Vale.	Second Sunday of every month.						12-3pm	



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## BYFORD

Serpentine Jarrahdale Recreation centre, Mead Street / Briggs Park Pavilion Corner Mead St and Gordin Way  
 BYFORD - Effective as of April 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Serpentine Jarrahdale Rec Centre Mead street			Family Beginners 5:00 - 5:45pm	Family Beginners 5:00 - 5:45pm		Family Beginners 10:15 - 11:15am	
Serpentine Jarrahdale Rec Centre Mead street			Advanced 6:00 - 7:00pm	Advanced 6:00 - 7:00pm		Advanced 11:30 - 12:30pm	
Briggs Park Pavilion Corner Mead St and Gordin Way	Family Beginners 5:00 - 5:45pm						
Briggs Park Pavilion Corner Mead St and Gordin Way	Advanced 6:00 - 7:00pm						

<b>Family Beginners</b>	Blue classes are for beginner students and families who are Yellow belt and below.
<b>Advanced</b>	Purple classes are strictly for students Orange belt and above or beginner students 13+ .

<b>GRADINGS</b>	Second Sunday of every month @Canningvale Prime, Unit 3/ 2-6 Tulloch Way	12 - 3pm
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