



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	5.15 - 6.00pm 6.15 - 7.15pm 7.30 - 8.30pm	← 5-9 yrs all grades ← all ages & grades ← 13yrs + & advanced					
Glen Innes	Glen Taylor School 172 W Tamaki Rd, Glen Innes enter from 5 Navarre Road	6:15 - 7:15pm	6:15 - 7:15pm 7:30 - 8:30pm	← all ages & grades ← 13yrs + & advanced	6:15 - 7:15pm 7:30 - 8:30pm	← all ages & grades ← 13yrs + & advanced		
Glendowie	Glendowie Primary School 217 Riddell Rd, Glendowie					6:15 - 7:15pm 7:30 - 8:30pm	← all ages & grades ← 13yrs + & Advanced	
Point England	Point England Primary 130 Pt England Rd, Pt England	Monday nights - Temporary relocation to Glen Innes due to school refurbishments						
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 ages & grades ← colour belts
Dannemora	Baverstock Oaks School	Temporary relocation to Whitford due to school refurbishments.						
Whitford	Whitford Community Hall 1 Whitford-Maraetai Road		6:15 - 7:15pm 7:30 - 8:30pm	← under 13yrs ← 13yrs + & advanced	6:15 - 7:15pm 7:30 - 8:30pm	← under 13yrs ← 13yrs + & advanced		
Ormiston	Ormiston Primary School 291 Ormiston Rd, Flatbush					6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr & families ← 13yrs +	
Everglade	Tahia Wahia Guide Hall 68 Everglade Drive, Manukau				6:15 - 7:15pm 7:30 - 8:30pm	← under 13yrs & families ← 13yrs +		
Papatoetoe	Alan Brewster Leisure Centre 7 Tavern Lane, Papatoetoe						3:15 - 4.15pm 4:30 - 5:30pm	← under 13yrs & families ← 13yrs +
Homai	Homai Primary 89 Browns Rd, Manurewa	6:15 - 7:15pm 7.30 - 8:30pm	← all ages & grades ← 13yrs + & advanced					
Clendon Park	Waimahia Intermediate 44 Palmers Road. Clendon Park		6:15 - 7:15pm 6:15 - 8:00pm	← white belts ← colour belts				
Papakura	Papakura High School Willis Rd, Papakura	6:30 - 7.30pm 6:30 - 8:00pm	← white belts ← colour belts		5:45 - 6:15pm 6:30 - 7.30pm 6:30 - 8:00pm	← Yoji (3&4yrs) ← white belts ← colour belts	Yoji (3&4yrs) → all ages & grades →	09:45 - 10:15am 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