



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 7.30-8.30om	← 5- 9 yrs ← All ages ← 13yrs +					
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 ← 13yrs +	6:15 - 7:15pm 7:30 - 8:30pm	← All ages ← 13yrs +		
Glendowie	Glendowie Primary School 217 Riddell Rd, Glendowie					6:15 - 7:15pm 7:30 - 8:30pm	← All ages ← 13yrs +	
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 ← Colour belts
Dannemora	Baverstock Oaks School 21 Baverstock Rd, Flatbush		6:15 - 7:15pm 7:30 - 8:45pm	← under 13yr ← 13yrs +	6:15 - 7:15pm 7:30 - 8:45pm	← under 13yr ← 13yrs +		
Ormiston	Ormiston Primary School 291 Ormiston Rd, Flatbush					6:15 - 7:15pm 7:30 - 8:30pm	← All ages ← 13yrs +	
Beachlands	Beachlands Memorial hall 49 Wakelin Road, Beachlands		6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr ← 13yrs +		6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr ← 13yrs +	
Everglade	Tahia Wahia Guide Hall 68 Everglade Drive, Manukau				6:15 - 7:15pm 7:30 - 8:30pm	← under 13yr ← 13yrs +		
Papatoetoe	Alan Brewster Leisure Centre 7 Tavern Lane, Papatoetoe						3:00 - 4.00pm 4:30 - 5:30pm	← All Grades ← 13yrs +
Manurewa	Manurewa South Primary 18-26 Totara Road. Manurewa	6:15 - 7:15pm 7.30 - 8:30pm	← All ages ← 13yrs +					
Homai	Homai Primary	Temporarily closed due to school refurbishments . Classes re-located to Manurewa South School from 9th Dec						
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		5:30 - 6:00pm 6:30 - 7.30pm 6:30 - 8:00pm	←Yoji (3&4yo) ← white belts ← colour belts	Yoji (3&4yo)→ All ages & Grades→	09:30 - 10:00am 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

"All ages"are for 5yrs + . Under 5yrs are Yoji classes only please