



GLENDENNING DOJO

CLASS TIMETABLE

1/170 POWER ST, GLENDENNING

DAY	SESSION				
MONDAY		5.00 - 5.45pm 5yrs+/All grades	6.00 - 6.50pm 5yrs+/All grades	7.00 - 8.30pm 5yrs+/All grades	
TUESDAY	3.45 - 4.15pm Yojis (3 - 4yrs)	4.30 - 5.15pm Kids class (5-12yrs)	5.30 - 6.15pm 5yrs+/All grades	6.30 - 7.30pm 5yrs+/All grades	
WEDNESDAY		5.00 - 5.45pm 5yrs+/All grades	6.00 - 6.50pm 5yrs+/All grades	7.00 - 8.30pm 5yrs+/All grades (60 mins Kata) (30mins advanced)	
THURSDAY		5.00 - 5.45pm 5yrs+/All grades	6.00 - 7.00pm 5yrs+/All grades	6.00 - 7.00pm (Kumite) Sparring	7.30 - 9.00pm Instructors only
FRIDAY	4.20 - 4.50pm Yojis (3 - 4yrs)	5.00 - 5.45pm 5yrs+/All grades	6.00 - 6.50pm 5yrs+/All grades	7.00 - 7.30pm Fitness Class	7.30 - 9.00pm (7 th kyu+) Green belt + 12yrs & above
SATURDAY	9.00 - 9.45am (Alternative needs) **Limited spaces	10.00 - 10.45am 5yrs+/All grades	11.00 - 12.00pm 5yrs+/All grades		
SUNDAY		10.00 - 10.45am Kids class (5-12yrs)	11.00 - 12.00pm 5yrs+/All grades		



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