



GKR KARATE PRIME
KARATE FOR EVERYONE



Capalaba Karate Centre

Address: **12/172 Redland Bay Road, Capalaba, Qld**



Dojo Manager	Louiza Luxton	0408 109 652	lluxton@gkrkarate.com
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids Class 5-12 years 4pm - 4:45pm	Kids Class 5-12 years 3:45pm - 4:30pm	Kids Class 5-12 years 4pm - 4:45pm	Kids Class 5-12 years 5pm - 5:45pm	Kids Class 5-12 years 5pm - 5:45pm	Yojis 3-5 years 9am - 9:45am	Family class 5+ years 9am – 10am
Yojis 3-5 years 5pm - 5:45pm	Family class 5+ years 4:45 - 5:45pm	Yojis 3-5 years 5pm - 5:45pm	Family class 5+ years 6pm - 7pm	Yojis 3-5 years 5pm - 5:45pm	Kids Class 5-12 years 10am-11am	
Kids Class 5-12 years 5pm - 5:45pm	Advanced Class Green & Blue Belts 4:45 - 5:45pm	Kids Class 5-12 years 5pm - 5:45pm		Family class 5+ years 6pm – 7:30pm	Family class 5+ years 11:15am - 12:15pm	
Kata Class 5+ years 6pm – 7pm	Advanced Class 5 th Kyu+ 6pm - 7:30pm	Family class 5+ years 6pm - 7pm				Nidan Class * Nidan & up 5pm - 6:30pm
	Senior Class 1st Kyu+ 7:30pm-9pm					* NIDAN CLASS 1 st Sunday of every 2nd month. Mar, May, July, Sept & November.

-> Please arrive 15 mins early. -> Classes are on ALL public and school Holidays. -> Christmas break 23/12/2024 – 6/1/2025.

-> Gradings are held monthly (except January), see your Instructor for details. -> Students may invite a friend or family member to class for a free trial.

-> Training equipment can be purchased at the Centre. -> Join us on [Team App](#) for class updates. -> Join us on [Online Dojo](#).