



NOTTINGHAM DERBY

CLASS TIMETABLE

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
ALLESTREE Portway Jnr School DE22 2GL	ALLESTREE Portway Jnr School DE22 2GL	MACKWORTH Lonnie Wilsoncroft Ctr DE1 1GL	SPONDON West Park School DE21 7BT	MACKWORTH Lonnie Wilsoncroft Ctr DE1 1GL	SPONDON West Park School DE21 7BT	New Classes
6.00 - 6.45pm Under 13's only All grade levels	6.30 - 7.15pm Under 13's only All grade levels	6.30 - 7.30pm Under 13's only All grade levels	6.00 - 7.00pm Family Class All grade levels	5.45 - 6.30pm Under 13's only All grade levels	10.00 - 10.55am Advanced Class Brown & Black Belts Only	Opening Soon
7.00 - 8.00pm Under 13's only Green Belts & above	7.30 - 8.30pm Under 13's only Green Belts & above	7.45 - 8.45pm 13 yrs & above All grade levels	7.30 - 9.00pm Senior Class Invitation Only	6.30 - 7.30pm Family Class All grade levels	11.00 - 12.00pm Family Class All grade levels	
7.00 - 8.00pm 13 yrs & above All grade levels	7.30 - 8.30pm 13 yrs & above All grade levels	7.45 - 8.45pm Under 13's only Green Belts & above		7.45 - 8.45pm Under 13's only Green Belts & above	12.30 - 2.30pm Gradings 4 th Saturday of each month	
				7.45 - 8.45pm 13 yrs & above All grade levels		



GKRKarateRegion30UnitedKingdom

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WWW.GKRKARATE.COM

Kids Class – 5-12 years old only
 Kids & Family Class – 5-12 years old or families training together
 Teens, Adults & Advanced Class – 13 yrs+ and green belt or above children under 13
 Senior Class – Instructors & Black Belts Only. (1st kyu's invite only)

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KARATE FOR EVERYONE