



NOTTINGHAM EAST

# CLASS TIMETABLE

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
New Classes	New Classes	ARNOLD St Paul's Church Hall NG5 6JD	ARNOLD St Paul's Church Hall NG5 6JD	ARNOLD St Paul's Church Hall NG5 6JD	ARNOLD St Paul's Church Hall NG5 6JD	New Classes
Opening Soon	Opening Soon	6.00 - 6.45pm Under 13's only All grade levels	5.30 - 6.15pm Under 13's only All grade levels	6.00 - 6.45pm Under 13's only All grade levels	10.00 - 10.45am Under 13's only All grade levels	Opening Soon
		7.00 - 8.00pm 13 yrs & above All grade levels	6.30 - 7.30pm Family Class All grade levels	7.00 - 8.00pm 13 yrs & above All grade levels	11.00 - 12.00pm Under 13's only Green Belts & Above	
		7.00 - 8.00pm Under 13's only Green Belts & above	6.30 - 7.30pm 13 yrs & above All grade levels	7.00 - 8.00pm Under 13's only Green Belts & above	11.00 - 12.00pm 13 yrs & above All grade levels	
		8.00 - 9.00pm Under 13's only All grades welcome	7.45 - 9.00pm Senior Class Invitation Only	8.00 - 9.00pm 13 yrs & above All grade levels		



GKRKarateRegion30UnitedKingdom

PH: 07832 165005

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. (1<sup>st</sup> kyu's invite only)

**GKRKARATE**  
 KARATE FOR EVERYONE