



NOTTINGHAM WEST

# CLASS TIMETABLE

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>New Classes</b>	<b>BILBOROUGH</b> Brocklehigh Sports Ctr NG8 3AJ	<b>STRELLEY</b> Sheila Russell Ctr NG8 3AR	<b>BEESTON</b> Roundhill Primary Sch NG9 1AE	<b>STRELLEY</b> Sheila Russell Ctr NG8 3AR	<b>New Classes</b>	<b>BILBOROUGH</b> Brocklehigh Sports Ctr NG8 3AJ
<b>Opening Soon</b>	<b>5.00 – 5.45pm</b> Under 13's only All grade levels	<b>6.00 - 6.45pm</b> Under 13's only All grade levels	<b>6.00 - 6.45pm</b> Under 13's only All grade levels	<b>6.00 - 6.45pm</b> Under 13's only All grade levels	<b>Opening Soon</b>	<b>10.00 - 11.00am</b> Yellow & Orange Belt Grading (1 <sup>st</sup> Sunday of each month)
	<b>6.00 – 7.00pm</b> 13 yrs & above All grade levels	<b>7.00 – 8.00pm</b> 13 yrs & above All grade levels	<b>7.00 – 8.00pm</b> 13 yrs & above All grade levels	<b>7.00 – 8.00pm</b> 13 yrs & above All grade levels		<b>11.00 - 1.00pm</b> Green Belt & Above Grading (1 <sup>st</sup> Sunday of each month)
	<b>6.00 – 7.00pm</b> Under 13's only Green Belts & above	<b>7.00 - 8.00pm</b> Under 13's only Green Belts & above	<b>7.00 - 8.00pm</b> Under 13's only Green Belts & above	<b>7.00 - 8.00pm</b> Under 13's only Green Belts & above		<b>10.30 - 12.30pm</b> Tournament Team Training (3 <sup>rd</sup> Sunday of each month)
	<b>7.30 – 9.00pm</b> Senior Class Invitation Only					



GKRKarateRegion30UnitedKingdom

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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