



LEEDS, WAKEFIELD & CASTLEFORD **CLASS TIMETABLE**

MONDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MIDDLETON ST John & Barnabas Ch LS10 3DN	CROSSGATES Methodist Church LS15 8QR	SWILLINGTON Swillington Village Hall, LS26 8DX	CASTLEFORD Lock Lane Sports Centre WF10 2JU	LOFTHOUSE Methodist Church WF3 3NE	CASTLEFORD Castleford Academy WF10 4JQ	ROTHWELL Rothwell Leisure Centre LS26 8EL
7.00 - 8.00pm KIDS & FAMILY CLASS	6.30 - 7.30pm KIDS & FAMILY CLASS	6.30 - 7.30pm KIDS & FAMILY CLASS	6.00 - 7.00pm KIDS & FAMILY CLASS	7.00 - 8.00pm KIDS & FAMILY CLASS	10.00 - 11.00am KIDS & FAMILY CLASS	10.00 - 11.00am KIDS & FAMILY CLASS
8.00 - 9.00pm TEENS, ADULTS & ADVANCED CHILDREN	7.30 - 8.30pm TEENS, ADULTS & ADVANCED CHILDREN		7.00 - 8.00pm TEENS, ADULTS & ADVANCED CHILDREN	8.00 - 9.00pm TEENS, ADULTS & ADVANCED CHILDREN	11.00 - 12.00pm TEENS, ADULTS & ADVANCED CHILDREN	10.00 - 11.00am TEENS, ADULTS & ADVANCED CHILDREN
			WAKEFIELD Lightwaves Leisure Centre WF1 3LJ	ACKWORTH Ackworth Parish Hall WF7 7JH		11.00 - 12.00pm TEENS, ADULTS & ADVANCED CHILDREN
			7.00 - 8.30pm SENIOR CLASS (INVITATION ONLY)	6.00 - 7.00pm KIDS & FAMILY CLASS		



GKRKarateRegion10UnitedKingdom

PH: 07852 292302

WWW.GKRKARATE.COM

Kids Class – 5-12 years old (white to red belt)
 Kids & Family Class – 5-12 years old or families training together (white to red belt)
 Teens, Adults & Advanced Children Class – 13 years+ and red belt or above children
 Senior Class – Instructors, red belt and above (invite only)

GKRKARATE
KARATE FOR EVERYONE