



GKR KARATE
KARATE FOR EVERYONE

Region Timetable

General Information: **1.** There is no training over the Christmas period. **2.** The first grading to yellow tip or 9th kyu is done as a part of a normal class. **3.** Further gradings are held at our Highland Park Dojo on the 2nd Sunday of every month. (see your Sensei for details) Gradings up to blue belt are \$55. From red belt \$65. Belts \$10 each. **4.** For your first class it is important to be 20 mins early for a short introduction. **5.** You are welcome to attend any of these locations.

DOJO	ADDRESS	MON	TUE	WED	THU	FRI	SAT	SUN
Mt Roskill	Mt Roskill War Memorial Hall 15 May Road Wesley	4.30 -5.00pm 5.15 -6.00pm 6.15-7.15pm 7.30-8.30om	←Yoji (3&4yo) ← 5- 9 yrs ← All ages 5yrs + ← 13yrs +	(yoji class opens 3rd Feb)				
Three Kings	Fickling Convention Centre 546 Mt Albert Road, Three Kings				Opens 7th Feb Lynfield Room	4.30 -5.00pm 5.30 -6.30pm	← Yoji (3&4yo) ← All ages 5yrs +	
Mount Wellington	Bailey Road Primary 19 Bailey Rd, Mt Wellington		6:15 - 7:15pm 7:15 - 8:15pm	← All Grades ← colour belts				
Onehunga	Saint Josephs School 125 Church St, Onehunga						10:30 - 11:20am 11:30 - 12:30pm	← All Grades 5+ ← colour belts
Glen Innes	Glen Taylor School 172 W Tamaki Rd, Glen Innes		6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs+ ← 13yrs +	6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs+ ← 13yrs +		
Glendowie	Glendowie Primary School 217 Riddell Rd, Glendowie					6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +	
Dannemora	Baverstock Oaks School 21 Baverstock Rd, Flatbush		6:15 - 7:15pm 7:30 - 8:45pm	← All ages 5yrs + ← 13yrs +	6:15 - 7:15pm 7:30 - 8:45pm	← All ages 5yrs + ← 13yrs +		
Ormiston	Ormiston Primary School 291 Ormiston Rd, Flatbush					6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +	
Papatoetoe	Alan Brewster Leisure Centre 7 Tavern Lane, Papatoetoe						3:00 - 4.00pm 4:30 - 5:30pm	← All ages 5yrs + ← 13yrs +
Everglade	Tahia Wahia Guide Hall 68 Everglade Drive, Manukau				6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +		
Manurewa	Manurewa South Primary 18-26 Totara Road. Manurewa	6:15 - 7:15pm 7.30 - 8:30pm	← All ages 5yrs+ ← 13yrs +					
Clendon Park	Waimahia Intermediate 44 Palmers Road. Clendon Park		6:15 - 7:15pm 6:15 - 8:00pm	← white belts ← colour belts				
Beachlands	Beachlands Memorial hall 49 Wakelin Road, Beachlands		6:00 - 7:00pm	← All ages 5yrs +		6:15 - 7:15pm 7:30 - 8:30pm	← All ages 5yrs + ← 13yrs +	
Papakura	Papakura High School Willis Rd Papakura	6:30 - 7.30pm 6:30 - 8:00pm	← white belts ← colour belts		5:30 6.00pm 6:30 - 7.30pm 6:30 - 8:00pm	← Yoji (3&4yo) ← white belts ← colour belts	Yoji (3&4yo)→ White Belts→ Colour Belts→	09:30 - 10:00am 10:30 - 11:30pm 10:30 - 12:00pm
		MON	TUE	WED	THU	FRI	SAT	SUN

If you have any questions regarding our club locations, or training with us, call us on 021 0600 380

Timetable as at 3rd Feb 2025