



GKR KARATE

KARATE FOR EVERYONE



Louiza Luxton

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lluxton@gkrkarate.com



Class Notifications, please join: [Team App](#) Train Online!: [GKR Online](#) Facebook: [GKRKarateRegion29Australia](#)

Timetable – Classes for New Starters to Green Belt

Area	Address	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Balmoral High School	Gate 3, Thynne Road	Super Class 6:30pm-7:30pm		Super Class 6:30pm-7:30pm				
Belmont State School	MP Room Bridgnorth street.				6pm-7pm			
Salisbury State School	Lillian Ave					5pm-6pm		
Moorooka State School	Beautesert Rd Moorooka		6:15pm-7:15pm					
Wellington Pt. High School	Anson Road Wellington Pt.		6pm-7:30pm					
Wellington Pt. State School	476 Main road Wellington Pt.						9am-10am	

Timetable – Classes for Blue Belts and above...

Advanced Class	Capalaba Karate Centre 12/172 Redland Bay Rd. Capalaba		6pm- 7:30pm					
Senior Class			7:30- 9pm					
Black Belt Class				7-9pm				
Advanced Class	Daisy Hill Karate Centre 3/10 Old Chatswood Road, Daisy Hill			6pm- 7:30pm				
Senior Class			7:30- 9pm					
Black Belt Class						7-9pm		
Advanced Class	Belmont State School Bridgnorth St.				6pm- 7:30pm			
Senior Class					7:30-9pm			
Black Belt Class *	Mansfield High Sports Hall Ham Rd..		• 2 nd , 3 rd , 4 th & 5 th Sundays of each month only					5-7pm
Tournament Skills Class *								5-7pm
Nidan Class	Daisy Hill Karate Centre = 1st Sunday of Feb, April, June, August, October & December. Capalaba Karate Centre = 1st Sunday of March, May, July, September & November.							5-30pm

Advanced Class – For Blue Belt (5th Kyu) Student & Up.

Black Belt Class – For 1st Kyu Students & above.

Senior Class - For 1st Kyu Students & above.

Tournament Skills Class – For students of all grades. 5yrs +

Nidan Class – For Nidan (2nd Dan) Students above.



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Timetable – Classes for New Starters to Green Belt

Area	Address	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Mount Gravatt East State School	58 Newnham Road	6-7:30pm		Kids 5pm-5:45pm 6pm-7pm		Kids 5pm-5:45pm 6pm-7pm		
Holland Park State School	Wilbur St. Holland Park							10am-11:30am
Rosedale	St Peter's Catholic School 955 Rosedale Road		5pm-5:45pm & 6-7pm		5:30pm - 6:30pm		9am - 10am	
Eagleby South State School	Fryar Road and River Hills Rd.	Kids 5pm-5:45pm & 6pm-7pm		6pm-7pm		6pm-7pm		
Wondall Heights State School	260 Wondall Road					6pm-7pm	Super Class 9am-10:30am	
Wynnum Manly West State School	226 Manly Road, Manly West	Super Class 6-7pm		6-7pm				
Cleveland State School	Queen St. Cleveland	Kids 4:30 - 5:30pm 6-7pm		6pm-7:30pm	Super Class 6pm-7:30pm			
Redland Bay Community Hall	Weinam St. Redland Bay			6pm-7pm		6pm-7pm		
Victoria Point YMCA	128 Link Road Victoria Pt.	6:30pm-8pm	The YMCA Hall is located at the very end of the driveway. Keep going to the last building.					

-> Please arrive 15 mins early. -> Classes are on ALL public and school Holidays. -> Christmas break 23/12/2024 – 6/1/2025

-> Gradings are held monthly (except January), see your Instructor for details. -> Students may invite a friend or family member to a class for a free trial. -> Training equipment can be purchased/ordered at class. -> DOJO & CLASS UPDATES - [Team App](#)