



Penrith Prime Dojo
Shop 1B, Henry Lawson Centre, 61-79 Henry St, Penrith

CLASS TIMETABLE

<i>DAY</i>	<i>SESSION</i>			
<i>MONDAY</i>	5.00 - 5.45pm <i>Beginner</i>	6.00 - 6.50pm <i>All Grades</i>	7.00 - 8.00pm <i>All Grades</i>	8.15 - 9.15pm <i>Women</i>
<i>TUESDAY</i>	9.15 - 9.45am <i>Yoji (ages 3-4)</i>	5.00 - 5.45pm <i>Beginner</i>	6.00 - 7.00pm <i>All Grades</i>	7.30 - 9.00pm <i>Advanced Grades</i>
	10.00 - 11.00am <i>All Grades</i>			
<i>WEDNESDAY</i>	5.00 - 5.45pm <i>Beginner</i>	6.00 - 7.00pm <i>All Grades</i>	7.30 - 9.00pm <i>Advanced Grades</i>	
<i>THURSDAY</i>	10.00 - 11.00am <i>All Grades</i>	4.15 - 4.45pm <i>Yoji (ages 3-4)</i>	6.00 - 6.50pm <i>All Grades</i>	7.00 - 8.30pm <i>All Grades</i>
		5.00 - 5.45pm <i>Beginner</i>		
<i>FRIDAY</i>	5.00 - 5.45pm <i>Beginner</i>	6.00 - 6.50pm <i>All Grades</i>	7.00 - 8.00pm <i>All Grades</i>	
<i>SATURDAY</i>	7.00 - 8.00am <i>All grades ages 16+ Orange+ under age 16</i>	8.15 - 8.45am <i>Yoji (ages 3-4)</i>	9.00 - 9.45am <i>Beginner</i>	10.00 - 11.00am <i>All Grades</i>
<i>SUNDAY</i>	9.15 - 9.45am <i>Yoji (ages 3-4)</i>	10.00 - 11.00am <i>All Grades</i>		

Beginner's can attend beginner's and all grade classes. Higher grades attending beginner's classes won't work on advanced material.



GKRKaratePenrithPrimeR2AUS

WWW.GKRKARATE.COM



PH: Rachel on 0439 473 997
rlane@gkrkarate.com

GKR KARATE
 KARATE FOR EVERYONE