



**GKR KARATE**

KARATE FOR EVERYONE



**UNLEASH YOUR  
POTENTIAL**

**SELF DEFENCE, FITNESS,  
CONFIDENCE, DISCIPLINE, FOCUS**

**TRADITIONAL KARATE STYLE  
ESTABLISHED 1984**

**DISCOUNTED REGISTRATION & FREE UNIFORM FOR NEW MEMBERS!**

CLASSES SUITABLE FOR FAMILIES, ADULTS & CHILDREN (5YEARS+)



FIND OUT MORE INFO:

**07306 443584**

**[region34uk@gkrkarate.com](mailto:region34uk@gkrkarate.com)**

OR SCAN THE QR CODE





## GKR KARATE GLOUCESTER

# CLASS TIMETABLE

<b>BEGINNERS</b> <i>(White &amp; Yellow)</i>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>GLOUCESTER</b>	<b>KINGSWAY 2</b> 5.30-6.30pm <i>Kingsway Primary School, GL2 2AR</i>	<b>QUEDGELEY 2</b> 6-7pm <i>Q-Club, School Lane, GL2 4PJ</i>	<b>LINDEN</b> 6-7pm <i>Ribston Hall High School, GL1 5LE</i>		<b>KINGSWAY</b> 5-6pm <i>Waterwells Sports Centre, GL2 2AG</i>	<b>QUEDGELEY</b> 10-11am <i>Quedgeley Comm Centre, GL2 4PJ</i>	<b>QUEDGELEY 2</b> 10-11am <i>Q-Club, School Lane, GL2 4PJ</i>
<b>GLOUCESTER</b>	<b>LINDEN</b> 6.30-7.30pm <i>Ribston Hall High School, GL1 5LE</i>	<b>CHURCHDOWN</b> 6.30-7.30pm <i>Chosen Hill School, GL3 2PL</i>	<b>BROCKWORTH</b> 5.30-6.30pm <i>Coopers Edge Comm Centre, GL3 4BQ</i>	<b>BROCKWORTH</b> 5-6pm <i>Coopers Edge Comm Centre, GL3 4BQ</i>	<b>HUCCLECOTE</b> 6-7pm <i>Hillview Primary School, GL3 3LH</i>		<b>CHURCHDOWN</b> 10-11am <i>Chosen Hill School, GL3 2PL</i>
<b>CHELTENHAM</b>	<b>BISHOPS CLEEVE</b> 6.30-7.30pm <i>BC Youth &amp; Comm Centre, GL52 8RL</i>		<b>WARDEN HILL</b> 6.30-7.30pm <i>Bournside School, GL51 3EF</i>		<b>CHELTENHAM</b> 6-7pm <i>Springbank Resource Centre, GL51 0LG</i>	<b>CHELTENHAM</b> 10-11am <i>Springbank Resource Centre, GL51 0LG</i>	
<b>STROUD</b>	<b>STROUD</b> 6.30-7.30pm <i>Stroud Leisure Centre, GL5 4AF</i>		<b>STROUD</b> 6-7pm <i>Stroud Leisure Centre, GL5 4AF</i>				<b>STROUD</b> 10.30-11.30am <i>Stroud Leisure Centre, GL5 4AF</i>
<b>DURSLEY</b>			<b>DURSLEY</b> 6.30-7.30pm <i>St Dominic's Church Hall, GL11 4ES</i>		<b>DURSLEY</b> 6.00-7.00pm <i>St Dominic's Church Hall, GL11 4ES</i>		



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