



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 (5 YEARS+)



FIND OUT MORE INFO:

07306 443584
region34uk@gkrkarate.com

OR SCAN THE QR CODE



 GKR KARATE GLOUCESTER CLASS TIMETABLE							
BEGINNERS (White & Yellow)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GLOUCESTER	LINDEN 6.30-7.30pm <i>Ribston Hall High School, GL1 5LE</i>		LINDEN 6-7pm <i>Ribston Hall High School, GL1 5LE</i>				
GLOUCESTER		CHURCHDOWN 6.30-7.30pm <i>Chosen Hill School, GL3 2PL</i>	BROCKWORTH 5.30-6.30pm <i>Coopers Edge Comm Centre, GL3 4BQ</i>	BROCKWORTH 5-6pm <i>Coopers Edge Comm Centre, GL3 4BQ</i>	HUCCLECOTE 6-7pm <i>Hillview Primary School, GL3 3LH</i>		CHURCHDOWN 10-11am <i>Chosen Hill School, GL3 2PL</i>
CHELTHENHAM	BISHOPS CLEEVE 6.30-7.30pm <i>BC Youth & Comm Centre, GL52 8RL</i>	ROWANFIELD 6.30-7.30pm <i>Rowanfield Junior School, GL51 8HY</i>	WARDEN HILL 6.30-7.30pm <i>Bournside School, GL51 3EF</i>		ROWANFIELD 6.30-7.30pm <i>Rowanfield Junior School, GL51 8HY</i>	CHELTHENHAM 10-11am <i>Springbank Resource Centre, GL51 0LG</i>	
STROUD	STROUD 6.30-7.30pm <i>Stroud Leisure Centre, GL5 4AF</i>		STROUD 6-7pm <i>Stroud Leisure Centre, GL5 4AF</i>				STROUD 10.30-11.30am <i>Stroud Leisure Centre, GL5 4AF</i>
DURSLEY			DURSLEY 6.30-7.30pm <i>St Dominic's Church Hall, GL11 4ES</i>		DURSLEY 6.00-7.00pm <i>St Dominic's Church Hall, GL11 4ES</i>		