

**CALL NOW OR
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OUR TIMES -

**MMKI HEADQUARTERS
6 PLUTO AVENUE
WILRO PARK**

Monday & Wednesday

17:00 - 17:45 Beginners Class 1 (White)

17:45 - 18:30 Beginners Class 2 (White/Yellow/Jnr Orange)

18:30 - 19:45 Senior Competition Class

Tuesday & Thursday

16:45 - 17:15 Pre-Karate Class (3/4/5 years)

17:15 - 18:15 Intermediate Class (Orange/Green/Blue)

18:15 - 19:15 Advanced Class (Purple/Brown/Jnr Black)

19:15 - 20:30 Senior Class (Snr Black & Adults)

Friday

16:00 - 17:45 Junior Competition Class

17:45 - 19:15 Senior Competition Class

**CALL US
076 336 5351
076 104 4067**

**www.mmki-karate.com
info@mmki-karate.com**



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OUR TIMES -

**MMKI NOORDHEUWEL
12 SNEEUWBERG AVENUE
NOORDHEUWEL**

Monday & Wednesday

**17:00 - 17:45 Beginners Class 1 (White/Yellow)
17:00 - 18:00 Intermediate Class (Orange/Green)**

OUR TIMES -

**MMKI WITPOORTJIE
WITPOORTJIE RECREATION
CENTRE**

Monday & Wednesday

**18:00 - 18:45 Beginners Class 1 (White/Yellow)
18:00 - 19:00 Intermediate Class (Orange/Green)**

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WE ARE FULLY APPROVED

We are affiliated to

**Goju-Ryu Karate-Do Seiwa-Kai
West Rand Karate Federation
Gauteng Karate Federation
Karate South Africa
Commonwealth Karate Federation
African Karate Federation
World Karate Federation
African Goju-Ryu Karate Federation
World Goju-Ryu Karate Federation**



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