

Castle Hill Community Centre

Level 1, Cnr Pennant & Castle Sts, Castle Hill

Term Dates - [click here....](#)

Mon
Tue
Wed

Thu

Fri

5pm-6pm

junior

4pm-5pm

junior
6pm-7pm

junior

4pm-5pm

junior

6pm-7pm

junior

7pm-8.30pm

senior

7pm-8pm

senior

7pm-8pm

Sparring & Fitness

GRADING TECHNIQUE – PATTERNS - SELF DEFENCE

SPARRING - TARGET TECHNIQUE - SPORTS TRAINING – CONDITIONING

Instructors

Dianne Carn - Head Instructor

Ellie Frayne

Nikko Jamora

Alice Frayne

Joshua Chapman

Colin Kerr

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