

Vinegar Hill Community Centre

Windsor Road, Rouse Hill

(within Rouse Hill Shopping Centre - Town Centre)

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

Mon
Tue
Wed
Thu
Fri

6.00pm-7.00pm

junior

5.00pm-6.00pm

junior

7.00pm-8.00pm

senior

6.00pm-7.00pm

senior

7.00pm-8.30pm

senior

GRADING TECHNIQUE – PATTERNS - SELF DEFENCE

SPARRING - TARGET TECHNIQUE - SPORTS TRAINING – CONDITIONING

Instructors

Dianne Carn - Head Instructor

Nicholas Cuevas - Instructor

Ellie Frayne - Instructor

Ian Lancaster - Instructor

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