

# CASTLE HILL SCHEDULE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## SATURDAY

CLASS TIME  
CLASS NAME  
CLASS DESCRIPTION

17:00 - 17:45  
KIDS 5 - 8

17:45 - 18:30  
JUNIORS 9 - 12

18:30 - 19:15  
FITNESS

18:30 - 19:15  
TEENS 13 - 15

18:15 - 19:00  
JUNIORS 9 - 12  
INTERMEDIATE  
(ORANGE & UP)

18:15 - 19:00  
TEENS 13 - 15  
INTERMEDIATE  
(ORANGE & UP)

19:15 - 20:15  
OPEN KRAV

19:00 - 20:00  
OPEN KRAV

17:00 - 17:45  
KIDS 5 - 8

17:45 - 18:30  
JUNIORS 9 - 12

18:30 - 19:15  
FITNESS

18:30 - 19:15  
TEENS 13 - 15

19:15 - 20:15  
OPEN KRAV

20:15 - 20:45  
COMBAT TACTICS

17:00 - 17:45  
KRAV 5 - 8

17:45 - 18:30  
JUNIORS 9 - 12

18:30 - 19:15  
JUNIORS 9 - 12  
TACTICS  
(ORANGE & UP)

19:00 - 20:30  
SEMINARS & COURSES

9:00 - 9:45  
KRAV KIDS

9:45 - 10:30  
JUNIORS 9 - 12

9:45 - 10:30  
TEENS 13 - 15

10:30 - 11:30  
OPEN KRAV

