

# Phoenix School of Martial Arts - Class Timetable (All Locations)

## COLOUR KEY

Freestyle TaeKwonDo	Self Defence Systems	Brazilian Jiu Jitsu	After School TKD Clubs (ASTC)*
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(as of September 2019)

### MONDAYS

3:30pm - 4:30pm Bishops Waltham Junior	
THE HAMBLE SCHOOL	
5:30pm - 6:25pm <i>School Hall</i>	Lil' Dragons, Juniors Youth All Ranks
6:30pm - 7:25pm <i>School Hall</i>	Juniors & Youth All Ranks
7:30pm - 8:30pm <i>School Hall</i>	Teenagers & Adults All Ranks
GENESIS CENTRE (Locks Heath)	
5:30pm - 6:25pm	Lil' Dragons & Juniors All Ranks
6:30pm - 7:25pm	Youth All Ranks
7:30pm - 8:30pm	Adults All Ranks

### TUESDAYS

3:30pm - 4:30pm Hamble Primary	
3:30pm - 4:30pm Curdrige Primary	
HAMBLE SPORTS COMPLEX	
5:00pm - 5:55pm <i>Sports Hall</i>	Lil' Dragons, Juniors & Youth All Ranks
6:00pm - 6:55pm <i>Sports Hall</i>	Juniors & Youth All Ranks
7:00pm to 8:00pm <i>Sports Hall</i>	Youth & Adults All Ranks
8:00pm - 9:00pm <i>School Hall</i>	Teenagers & Adults All Ranks

### WEDNESDAYS

3:30pm - 4:30pm Netley Abbey Junior	
JUBILEE HALL (Bishops Waltham)	
5:15pm - 6:10pm <i>Gold Room</i>	All Ages All Ranks
6:15pm - 7:15pm <i>Gold Room</i>	All Ages All Ranks
HAMBLE SPORTS COMPLEX	
8:00pm - 9:00pm <i>Pavilion</i>	Teenagers & Adults All Ranks

\*ASTC are for the schools pupils ONLY and only run in term time.

ALL AGES CLASSES - Lil' Dragons MUST be accompanied by parents

Classes separated by a WHITE line indicated where applicable members to continue into the next class

### THURSDAYS

3:15pm - 4:15pm Bishops Waltham Infant	
HAMBLE SPORTS COMPLEX	
5:00pm - 5:55pm <i>Sports Hall</i>	Juniors, Youth & Adults All Ranks
6:00pm - 6:55pm <i>Sports Hall</i>	Junior & Youth Brown to Black Teenagers & Adults, All Ranks
7:00pm - 8:00pm <i>Sports Hall</i>	Youth & Adults All Ranks

### FRIDAYS

3:20pm - 4:20pm Netley Abbey Infant	
JUBILEE HALL (Bishops Waltham)	
5:30pm - 6:25pm <i>Gold Room</i>	Juniors & Youth All Ranks
6:30pm - 7:25pm <i>Gold Room</i>	Juniors, Youth & Adults All Ranks
7:30pm - 8:30pm <i>Gold Room</i>	Teenagers, Adults & Families All Ranks
*7:30pm - 8:30pm* <i>Gold Room</i>	*Juniors, Youth & Adults* *All Ranks*
*BJJ will run on selected dates for the remainder of 2019: 13th & 20th Sept, 4th & 25th Oct, 15th & 29th Nov*	

### SATURDAYS

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)	
9:00am - 9:40am	Lil' Dragons & Juniors White & Yellow
9:45am - 11:10am	Juniors & Youth All Ranks
11:15am - 12:45pm	Teenagers & Adults All Ranks

### SUNDAYS

HAMBLE SPORTS COMPLEX	
11:00am - 12:00pm <i>Sports Hall</i>	All Ages All Ranks
12:00pm - 1:00pm <i>Sports Hall</i>	All Ages All Ranks

### Age Categories

Lil' Dragons	Ages 3 to 5
Juniors	Ages 5 to 9
Youth	Ages 10 to 15
Teenagers	Ages 13 to 19
Adults	Ages 16+

### Youth/Teenagers

There are some members that fall within both the Youth & Teenager categories. For those that this applies to, may attend classes that separate these ages but are scheduled to run back to back, but only with their Instructors permission.