

PHOENIX SCHOOL OF MARTIAL ARTS - CLASS TIMETABLE

FREESTYLE TAEKWONDO									
Day	Monday		Tuesday	Wednesday	Thursday	Friday	Day	Saturday	Sunday
Time/Location	Hamble	Locks Heath	Hamble	Bishops Waltham	Hamble	Bishops Waltham	Time/Location	Locks Heath	Hamble
5:00pm			5:00pm - 5:55pm Lil' Dragons		5:00pm - 5:55pm All Ages		9:00am	9:00am - 9:55am Lil' Drgns* & Jnrs	
5:30pm	5:30pm - 6:25pm Lil' Dragons	5:30pm - 6:25pm Lil' Dragons	Juniors & Youth All Ranks	5:15pm - 6:15pm All Ages	All Ranks	5:30pm - 6:25pm Juniors & Youth	9:30am	White to Blue *Lil'Drgns end 9:40am	
6:00pm	Juniors & Youth All Ranks	& Juniors All Ranks		6:15pm - 6:45pm Orange to Black	6:00pm - 6:55pm All Ages	All Ranks	10:00am	10:00am - 11:15am	
6:30pm		6:30pm - 7:25pm Youth			Brown to Black	6:30pm - 7:30pm Juniors, Youth	10:30am	Juniors & Youth Purple to Black	
7:00pm		All Ranks				& Adults All Ranks	11:00am		11:00am - 11:55am All Ages
7:30pm		7:30pm - 8:30pm Adults	7:30pm - 8:00pm OPEN MAT			7:30pm - 8:30pm Teens, Adults	11:30am	11:20am - 12:50pm Teens & Adults	All Ranks
8:00pm		All Ranks	8:00pm - 9:00pm Teens & Adults			& Families All Ranks	12:00pm	All Ranks	12:00pm - 1:00pm All Ages
8:30pm			All Ranks				12:30pm		Orange to Black
9:00pm							1:00pm		

BRAZILIAN JIU JITSU					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time/Location	Hamble	Hamble	Hamble	Hamble	Bishops Waltham
6:00pm		6:00pm - 7:00pm Juniors & Youth		6:00pm - 7:00pm Juniors & Youth	
6:30pm	6:30pm - 7:25pm Juniors & Youth	All Ranks		All Ranks	
7:00pm	All Ranks	7:00pm - 7:30pm Youth, All Ranks			
7:30pm	7:30pm - 9:00pm Teens & Adults		7:30pm - 9:00pm Teens & Adults		7:30pm - 8:30pm Teens & Adults
8:00pm	All Ranks		All Ranks		All Ranks
8:30pm					
9:00pm					

SELF DEFENCE SYSTEMS		
Day	Tuesday	Thursday
Time/Location	Hamble	Hamble
7:00pm	7:00pm - 8:00pm Youth & Adults	7:00pm - 8:00pm Youth & Adults
7:30pm	All Ranks	All Ranks
8:00pm		

Age Categories*		Members that fall into two categories may attend both classes. However, Instructors must first approve this.
Lil' Dragons	Ages 3 to 6	
Juniors	Ages 5 to 11	
Youth	Ages 10 to 15	
Teenagers	Ages 13 to 19	
Adults	Ages 16+	

FREESTYLE TAEKWONDO AFTER SCHOOL CLUBS					
Monday	Tuesday		Wednesday	Thursday	Friday
Bishops Waltham Junior School	Curdrige Primary School	Hamble Primary School	Netley Abbey Junior School	Bishops Waltham Infant School	Netley Abbey Infant School

PLEASE BE AWARE
Classes in different styles can run at the same time, at the same location.