

PHOENIX SMA - CLASS TIMETABLE

As of 1st September 2020

COLOUR KEY:	Freestyle TaeKwonDo	Self Defence Systems	Brazilian Jiu Jitsu
Monday	Tuesday	Wednesday	Thursday
Sarisbury Green Community Centre	Hamble Sports Complex	Jubilee Hall, Bishop's Waltham	Hamble Sports Complex
5:00pm to 5:50pm 20 spaces Juniors & Youth	5:00pm to 5:50pm 20 spaces Juniors & Youth		5:00pm to 5:50pm 20 spaces Juniors & Youth
		5:30pm to 6:20pm 24 spaces Juniors & Youth	
6:00pm to 6:55pm 16 spaces Juniors & Youth	6:00pm to 6:50pm 20 spaces Juniors & Youth		6:00pm to 6:50pm 20 spaces Juniors & Youth
		6:30pm to 7:20pm 24 spaces Teens & Adults	
7:05pm to 8:20pm 16 spaces Teens & Adults	7:00pm to 7:55pm 20 spaces Teens & Adults		7:00pm to 7:50pm 24 spaces Teens & Adults
	8:05pm to 9:00pm 20 spaces Teens & Adults	7:30pm to 8:30pm 24 spaces Teens & Adults	
8:30pm to 9:30pm 20 spaces Teens & Adults			8:00pm to 9:00pm 20 spaces Teens & Adults

Friday	Saturday	Sunday	Age Categories
Jubilee Hall, Bishop's Waltham	Lockwood Community Centre, Locks Heath	Hamble Sports Complex	
	9:15am to 10:15am 20 spaces Ages 3 to 8		Juniors - Ages 5 to 12 Youth - Ages 10 to 15 Teens - Ages 13 to 19 Adults - Ages 16+
5:30pm to 6:20pm 20 spaces Juniors & Youth		10:00am to 10:50am 20 spaces All Ages	
	10:25am to 11:25am 20 spaces Ages 9 to 12		
6:30pm to 7:20pm 20 spaces Teens & Adults		11:00am to 12:00pm 20 spaces All Ages	
	11:35am to 12:50pm 20 spaces Teens & Adults		
7:30pm to 8:30pm 20 spaces Teens & Adults			

As you can see, Age Categories overlap to allow family/households to train together. You may only book 1 class style per day. If you have separate ages in your household i.e. Juniors & Adults, please attend the class that best suits you. Members that fall into two age categories may only attend one class style per day.