

PHOENIX SMA - CLASS TIMETABLE

From 17th to 30th August

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 All Ages		5:00pm to 5:50pm 20 spaces Juniors & Youth
5:30pm to 6:10pm 20 spaces Ages 5 to 8		5:30pm to 6:20pm 20 spaces Juniors & Youth	
	6:00pm to 6:50pm 20 spaces All Ages		6:00pm to 6:50pm 20 spaces All Ages
6:20pm to 7:00pm 20 spaces Ages 9 to 12		6:30pm to 8:00pm 20 spaces Teens & Adults	
	7:00pm to 7:50pm 20 spaces All Ages		7:00pm to 7:50pm 20 spaces All Ages
7:10pm to 8:30pm 20 spaces Teens & Adults			8:00pm to 9:00pm 20 spaces Teens & Adults

Friday	Saturday	Sunday	
Jubilee Hall, Bishop's Waltham	Lockswood Community Centre, Locks Heath	Hamble Sports Complex	<u>Age Categories</u>
			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	
	10:30am to 11:20am 20 spaces All Ages		
6:30pm to 8:00pm 20 spaces Teens & Adults	11:30am to 12:30pm 20 spaces Teens & Adults	11:00am to 12:00pm 20 spaces All Ages	

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.