

PHOENIX SCHOOL OF MARTIAL ARTS - CLASS TIMETABLE

(as of 5th October)

STYLE CLASS:	FREESTYLE TAEKWONDO			BRAZILIAN JIU JITSU		SELF DEFENCE SYSTEMS		
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Day	Saturday	Sunday
Time/Location	Sarisbury Green	Hamble	Bishops Waltham	Hamble	Bishops Waltham	Time/Location	Locks Heath	Hamble
5:00pm	5:00pm to 5:50pm 20 spaces	5:00pm to 5:50pm 30 spaces		5:00pm to 5:50pm 30 spaces		9:00am	9:10am to 10:05am 24 spaces	
5:30pm	Juniors & Youth	Juniors & Youth	5:30pm to 6:20pm 24 spaces	Juniors & Youth	5:30pm to 6:20pm 24 spaces	9:30am	Ages 3 to 8	May book both hours ↓↓↓↓
6:00pm	6:00pm to 6:55pm 20 spaces	6:00pm to 6:50pm 30 spaces	Juniors & Youth	6:00pm to 6:55pm 30 spaces	Juniors & Youth	10:00am		10:00am to 10:55am 30 spaces
6:30pm	Juniors & Youth	Juniors & Youth	6:30pm to 7:25pm 24 spaces	Juniors & Youth	6:30pm to 7:25pm 24 spaces	10:30am	10:15am to 11:10am 24 spaces	All Ages
7:00pm		7:00pm to 7:55pm 30 spaces	Teens & Adults	7:05pm to 8:00pm 30 spaces	Teens & Adults	11:00am		11:05am to 12:00pm 30 spaces
7:30pm	7:05pm to 8:20pm 20 spaces	Teens & Adults	7:35pm to 8:30pm 24 spaces	Youth & Adults	7:35pm to 8:30pm 24 spaces	11:30am		All Ages
8:00pm		8:05pm to 9:00pm 30 spaces	Youth & Adults		Youth & Adults	12:00pm	11:20am to 12:50pm 24 spaces	↑↑↑↑ May book both hours
8:30pm	8:30pm to 9:30pm 20 spaces	Teens & Adults		8:15pm to 9:15pm 12 spaces		12:30pm	Teens & Adults	
9:00pm	Teens & Adults			Only available to selected members		1:00pm		
9:30pm						1:30pm		

Age Categories:	Juniors Ages 3 to 9	Youth Ages 10 to 15	Teens Ages 13 to 19	Adults Ages 16+	Class Allowances	
Age Categories overlap to allow those that are on the boarderline of either group to choose which class that best suits them.					Subscriptions will dictate how many classes members can attend each week	
Families/Households/Training Bubbles, may attend any class together, however only 1 style class can be booked per day (except Sunday's)					BRONZE - up to 1 class per week	UNLIMITED TKD - Just TKD
					SILVER - up to 3 classes per week	ALL ROUNDER - 2x per week in all styles
					GOLD - up to 5 classes per week	ALL ACCESS - any & all classes

TRAINING BUBBLES

As of 1st September, those under the age of 18 have started to be put into Training Bubbles. Primarily this was for BJJ classes to allow fully unrestricted training to happen. There were several bubble formed which also expanded into both TKD & SDS classes. For those that just attend TKD classes, members have now started to be placed into bubbles once a group of at least 4 have attended the same classes each week. If you do not attend the same class each, then unfortunately, you can not be assigned a bubble unless we find that the individual is regularly in the same classes as a particular bubble. Those over the age of 18, may form a bubble if their children are in the same training bubble or bubble at school, or they work directly together. Social bubbles can not extend into classes. As always, households are fully able to train together.