

PHOENIX SMA - CLASS TIMETABLE

(from 12th April to 16th May 2021)

CLASS STYLE:		TaeKwonDo	Self Defence Systems	Brazilian Jiu Jitsu	Open Style MA's
Monday	Tuesday	Wednesday	Thursday	Friday	
Sarisbury Green	Hamble	Bishops Waltham	Hamble	Bishops Waltham	
	4:30pm to 5:30pm 30 spaces Juniors & Youth		4:30pm to 5:20pm 30 spaces Juniors & Youth		
5:00pm to 5:50pm 30 spaces Juniors & Youth		5:15pm to 6:10pm 24 spaces Juniors & Youth			
	5:40pm to 6:40pm 30 spaces Juniors & Youth		5:30pm to 6:20pm 30 spaces Juniors & Youth	5:30pm to 6:25pm 24 spaces Juniors & Youth	
6:05pm to 7:00pm 18 spaces Juniors & Youth		6:20pm to 7:15pm 20 spaces Teens & Adults			
			6:30pm to 7:25pm 30 spaces Youth & Adults	6:35pm to 7:30pm 20 spaces Teens & Adults	
7:10pm to 8:00pm 18 spaces Youth & Teens	7:00pm to 8:30pm 20 spaces Teens & Adults				
			7:35pm to 8:30pm 20 spaces Teens & Adults		
8:10pm to 9:00pm 12 spaces Adults					
Saturday	Sunday	AGE CATEGORIES		Juniors	Youth
Locks Heath	Hamble			Ages 3 to 11	Ages 9 to 15
9:30am to 10:20am 24 spaces Juniors	9:30am to 10:25am 24 spaces All Ages	<p>Classes are split into age categories. Adults will only be allowed to train in an Open Mat type structure. By this we mean that they will be able to use the space provided to practice pre-set tasks or their own tasks. Instructors will be present to assist individuals/households only. Households that include Adults, may also attend the Adult class times but may find that under 18's cannot mix.</p>			
10:30am to 11:30am 24 spaces Youth & Teens	10:35am to 11:30am 24 spaces All Ages				
11:40am to 1:00pm 20 spaces Adults	↑↑↑↑ <i>members may use the time and space to train any style under the supervision of Instructors.</i>			CLASS STYLES	
				Each time slot will have a specific focus towards one style of Martial Arts training. Members subscriptions will dictate how many classes they can attend each week, however they must make sure their licence is updated to include specific styles before attending the appropriate class times.	