

PHOENIX SMA - CLASS TIMETABLE

(from 5th July 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 5:15pm All Ranks Juniors & Youth A		4:30pm to 5:25pm All Ranks Juniors & Youth	
5:00pm to 5:55pm All Ranks Juniors & Youth	5:20pm to 6:05pm All Ranks Juniors & Youth B	5:30pm to 6:25pm All Ranks Juniors & Youth	5:30pm to 6:25pm All Ranks Juniors & Youth	5:30pm to 6:25pm All Ranks Juniors & Youth
6:05pm to 7:00pm All Ranks Juniors & Youth	6:10pm to 7:05pm All Ranks Juniors & Youth			
		6:30pm to 7:30pm All Ranks Teens & Adults	6:30pm to 7:30pm All Ranks Youth & Adults	6:30pm to 7:30pm All Ranks Teens & Adults
7:05pm to 8:25pm All Ranks Teens & Adults	7:10pm to 8:10pm All Ranks Teens & Adults		7:35pm to 8:30pm All Ranks Teens & Adults	
		Hamble		
8:30pm to 9:30pm All Ranks Teens & Adults	8:15pm to 9:30pm All Ranks Teens & Adults	8:15pm to 9:30pm All Ranks Teens & Adults		

Saturday	Sunday	AGE CATEGORIES	Juniors Ages 3 to 10	Youth Ages 9 to 15
Locks Heath	Hamble		Teens Ages 13 to 19	Adults Ages 16+
9:30am to 10:25am All Ranks Juniors & Youth A	9:30am to 10:25am All Ranks All Ages	Most classes are split into age categories. These overlap to allow those that are on the borderline of either group to choose which class that best suits them. Siblings may attend classes together where it is unavoidable, however please confirm with the Senior Instructor prior to doing so.		
10:30am to 11:25am All Ranks Juniors & Youth B	10:30am to 11:30am All Ranks All Ages	<p>CLASS STYLES</p> <p>Each class has a specific focus of Martial Arts style. Members subscriptions will dictate how many classes they can attend each week, however they must make sure their licence is updated to include each style they attend.</p>		
11:30am to 1:00pm All Ranks Teens & Adults		<p>Open Style Martial Arts (MA)</p> <p>Although these classes are not style specific, they will be taught classes and will not use an "Open Mat" format.</p>		