

PHOENIX SMA - CLASS TIMETABLE

(from October 2021)

CLASS STYLES: **Freestyle TaeKwonDo** **Open Style Martial Arts** **Brazilian Jiu Jitsu**

Monday	Tuesday	Wednesday	Thursday	Friday
Sarisbury Green Community Centre	Hamble Sports Complex	Jubilee Hall, Bishops Waltham	Hamble Sports Complex	Jubilee Hall, Bishops Waltham
	4:30pm to 5:15pm All Ranks		4:30pm to 5:25pm All Ranks	
5:00pm to 5:55pm All Ranks Juniors & Youth	Juniors & Youth ↑↓↑↓↑↓↑↓↑↓		Juniors & Youth	
	5:20pm to 6:05pm All Ranks Youth & Teens			
6:05pm to 7:00pm All Ranks Juniors & Youth	6:10pm to 7:05pm All Ranks Juniors & Youth	5:30pm to 6:25pm All Ranks All Ages ↑↓↑↓↑↓↑↓↑↓	5:30pm to 6:25pm All Ranks Juniors & Youth	5:30pm to 6:25pm All Ranks All Ages ↑↓↑↓↑↓↑↓↑↓
		6:30pm to 7:30pm All Ranks All Ages	6:30pm to 7:30pm All Ranks Youth & Adults	6:30pm to 7:30pm All Ranks All Ages
7:05pm to 8:25pm All Ranks Teens & Adults	7:10pm to 8:10pm All Ranks Teens & Adults			
		Hamble Sports Complex	7:35pm to 8:30pm All Ranks Teens & Adults	
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
Lockswood Community Centre, Locks Heath	Hamble Sports Complex
9:00am to 9:55am All Ranks Juniors	
	9:30am to 10:25am All Ranks All Ages
10:00am to 10:40am All Ranks Youth (Class A) ↑↓↑↓↑↓↑↓↑↓	
10:45am to 11:25am All Ranks Youth (Class B)	10:30am to 11:25am All Ranks All Ages
11:30am to 1:00pm All Ranks Teens & Adults	11:30am to 12:30pm All Ranks All Ages

AGE CATEGORIES	
Juniors Ages 3 to 11	Youth Ages 9 to 15
Teens Ages 13 to 19	Adults Ages 16+

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.

Linked TaeKwonDo Classes

Classes displayed with black arrows (↑↓↑↓) shows that these will be a continuous classes. This allows members to attend either or both classes and still be counted as a single class. Age categories will still apply and are highlighted for each class.

NOTED EXCEPTION - On dates where the Saturday classes will run in the "Studio" and not the Sports Hall, the Linked Class will be split. Members will be informed which class to attend in this case.

Open Style Martial Arts (MA) - These classes will not focus on any specific style. Members may choose which style(s) they wish to train. This is not an "open mat" class as Instructors will teach any chosen styles.