

PHOENIX SCHOOL OF MARTIAL ARTS - TEMPORARY CLASS TIMETABLE

(as of 4th January 2022)

Freestyle TaeKwonDo

Brazilian Jiu Jitsu

Freestyle Martial Arts

INSTRUCTORS INITIALS KEY:

MM - Matt Marshall

JG - James Godwin

EG - Emma Godwin

DL - Deagan Lief

AK - Abi King

JD - James Dennis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sarisbury Green Community Centre	Hamble Sports Complex	Jubilee Hall, Bishops Waltham	Hamble Sports Complex	Jubilee Hall, Bishops Waltham	Lockwood Community Centre, Locks Heath	Hamble Sports Complex
	4:30pm to 5:15pm All Ranks - Juniors & Youth DL, AK		4:30pm to 5:25pm All Ranks Juniors & Youth DL, AK		9:00am to 9:45am White & Grey Belts Juniors (JG, JD)	9:30am to 10:25am All Ranks, All Ages DL
5:00pm to 6:25pm All Ranks Juniors & Youth DL, AK	5:20pm to 6:05pm All Ranks - Juniors & Youth DL, AK	5:30pm to 6:25pm All Ranks, All Ages DL, AK	5:30pm to 6:25pm All Ranks Juniors & Youth DL	5:30pm to 6:25pm All Ranks, All Ages DL, AK	9:45am to 10:40am Yellow to Blue Belts Juniors & Youth JG, EG, JD	10:30am to 11:25am All Ranks, All Ages DL
	6:10pm to 7:05pm All Ranks Juniors & Youth DL				10:45am to 11:40am Purple to Black Belts Juniors & Youth JG, EG, JD	11:30am to 12:30pm All Ranks, All Ages DL
7:00pm to 8:30pm All Ranks Teens & Adults DL, AK	7:10pm to 8:10pm All Ranks Teens & Adults DL, AK	6:30pm to 7:30pm All Ranks, All Ages DL, AK	6:30pm to 7:25pm All Ranks Youth & Adults DL, AK	6:30pm to 7:30pm All Ranks, All Ages DL, AK	11:45am to 1:00pm All Ranks Teens & Adults JG	
		Hamble Sports Complex	7:30pm to 8:30pm All Ranks Teens & Adults DL, AK			
	8:15pm to 9:30pm All Ranks Teens & Adults Guest Instructor: Jon Williams	8:15pm to 9:30pm All Ranks Teens & Adults DL				

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

If two consecutive classes have the same age & rank category, this will offer members the option to attend either or both times and still be counted as a single class. Age categories will still apply and are highlighted for each class.

Freestyle Martial Arts - Members may choose which style they wish to train but this will be a taught class.

AFTER SCHOOL CLUBS (term time only)

TUESDAY AT 3:30pm - Hamble Primary (DL, AK)

WEDNESDAY at 3:30pm - Netley Abbey Jr (DL, AK)

FRIDAY at 3:20pm - Netley Abbey If (DL, AK)