

PHOENIX SCHOOL OF MARTIAL ARTS - CLASS TIMETABLE

(from 2nd May 2022)

		TaeKwonDo	Brazilian Jiu Jitsu	Freestyle Martial Arts		
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 4:55pm PRIVATE LESSON SLOT		4:30pm to 5:25pm All Ranks Juniors & Youth		9:00am to 9:45am White & Grey Belts Juniors & Youth	9:00am to 9:25am PRIVATE LESSON SLOT
5:00pm to 5:55pm All Ranks Juniors & Youth	5:00pm to 5:55pm All Ranks Juniors & Youth					9:30am to 10:25am All Ranks, All Ages
		5:30pm to 6:25pm All Ranks, All Ages	5:30pm to 6:25pm All Ranks Juniors & Youth	5:30pm to 7:00pm All Ranks, All Ages	9:50am to 10:45am Yellow to Blue Belts Juniors & Youth	
6:05pm to 7:00pm All Ranks Juniors & Youth	6:00pm to 6:55pm All Ranks Juniors & Youth				10:50am to 11:45am Purple to Black Belts Juniors & Youth	10:30am to 11:25am All Ranks, All Ages
		6:30pm to 7:30pm All Ranks, All Ages TKD ↑↓ (at the same time) ↑↓ All Ranks BJJ Juniors & Youth	6:30pm to 7:25pm All Ranks, All Ages	7:05pm to 7:30pm PRIVATE LESSON SLOT		
7:05pm to 8:25pm All Ranks Teens & Adults	7:00pm to 8:10pm All Ranks Teens & Adults		7:30pm to 8:30pm All Ranks Teens & Adults		11:50am to 1:00pm All Ranks Teens & Adults	11:30am to 12:30pm All Ranks, All Ages
		Hamble Sports Complex				
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				

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.

TaeKwonDo Classes at Bishop's Waltham

On both Wednesday & Friday, members may choose to attend either or both TKD class (5:30pm and/or 6:30pm). Whether you attend one or both hours, it will be categorised as a single class.

PLEASE NOTE, the Wednesday 6:30pm TKD & BJJ class will run at the same time.

Freestyle Martial Arts - Members may choose which style they wish to train, whether specifically taught or to just use the venue space.

PRIVATE LESSON SLOT - Members can book at 25 minute slot with an Instructor. For prices and to book, contact Mr Marshall

AFTER SCHOOL CLUBS (term time only)

MONDAY at 3:30pm - Bishop's Waltham Junior

TUESDAY at 3:30pm - Hamble Primary

WEDNESDAY at 3:30pm - Netley Abbey Junior

THURSDAY at 3:20pm - Bishop's Waltham Infant