

# PHOENIX SCHOOL OF MARTIAL ARTS - CLASS TIMETABLE

(November 2023)

## HAMBLE SPORTS COMPLEX

TUESDAY	Sports Hall
5:00pm to 5:55pm	<b>Freestyle TaeKwonDo</b> Junior & Youth All Ranks
6:00pm to 6:55pm	<b>Brazilain Jiu Jitsu</b> Junior & Youth All Ranks
7:00pm to 8:10pm	<b>Freestyle TaeKwonDo</b> Teenagers & Adults All Ranks
8:15pm to 9:30pm	<b>Brazilain Jiu Jitsu</b> Teenagers & Adults All Ranks

## SARISBURY GREEN COMMUNITY CENTRE

MONDAY	Main Hall
5:00pm to 5:55pm	<b>Freestyle TaeKwonDo</b> Junior & Youth All Ranks
6:00pm to 6:55pm	<b>Brazilain Jiu Jitsu</b> Junior & Youth All Ranks
7:00pm to 8:10pm	<b>Freestyle TaeKwonDo</b> Teenagers & Adults All Ranks
8:15pm to 9:30pm	<b>Brazilain Jiu Jitsu</b> Teenagers & Adults All Ranks

WEDNESDAY	Sports Hall
7:30pm to 8:25pm	<b>Brazilain Jiu Jitsu</b> Teenagers & Adults <b>LADIES ONLY</b>
8:30pm to 9:30pm	<b>Brazilain Jiu Jitsu</b> Teenagers & Adults All Ranks

## JUBILEE HALL (Bishop's Waltham)

WEDNESDAY	Main Hall
5:30pm to 6:25pm	<b>Freestyle TaeKwonDo</b> Juniors, Youth & Adults All Ranks
6:30pm to 7:30pm	<b>Freestyle TaeKwonDo +</b> <b>Brazilain Jiu Jitsu</b> Juniors, Youth & Adults, All Ranks
↑↑ <i>Freestyle TaeKwonDo + Brazilian Jiu Jitsu Classes will be ↑↑ taught and/or supervised during the same time.</i>	

THURSDAY	Sports Hall
4:30pm to 5:25pm	<b>Freestyle TaeKwonDo</b> Junior & Youth All Ranks
5:30pm to 6:25pm	<b>Brazilain Jiu Jitsu</b> Junior & Youth All Ranks
6:30pm to 7:25pm	<b>Freestyle TaeKwonDo</b> Teenagers & Adults All Ranks
7:30pm to 8:30pm	<b>Brazilain Jiu Jitsu (NO GI)</b> Teenagers & Adults All Ranks

FRIDAY	Main Hall
5:30pm to 6:25pm	<b>Freestyle TaeKwonDo</b> Juniors, Youth & Adults All Ranks
6:30pm to 7:30pm	<b>Brazilain Jiu Jitsu</b> Juniors, Youth & Adults All Ranks

SUNDAY	Sports Hall
9:30am to 10:25am	<b>Freestyle TaeKwonDo</b> Junior, Youth, Teenagers & Adults All Ranks
10:30am to 11:30am	<b>Freestyle TaeKwonDo</b> Junior, Youth, Teenagers & Adults All Ranks

## LOCKSWOOD COMMUNITY CENTRE (Locks Heath)

SATURDAY	Sports Hall
9:00am to 9:45am	<b>Freestyle TaeKwonDo</b> Ages 3 to 7 White, Grey, Yellow & Orange
9:50am to 10:45am	<b>Freestyle TaeKwonDo</b> Ages 8 to 15, White to Orange Ages 5 to 15, Green to Red
10:50am to 11:45am	<b>Freestyle TaeKwonDo</b> Ages 8 to 15 Senior Red & Black
11:50am to 1:00pm	<b>Freestyle TaeKwonDo</b> Teenager & Adults All Ranks

### AGE CATEGORIES

<b>Lil' Dragons</b> Ages 3 to 6	<b>Juniors</b> Ages 5 to 11
<b>Youth</b> Ages 10 to 15	<b>Teenagers &amp; Adults</b> Ages 13+

Most classes are split into age categories. These overlap to allow those that are on the boarderline of either group to be placed in which class is best suited to them. Siblings may attend classes together where unavoidable however please confirm with the Senior Instructor to which class is best.

**NO GI BJJ Class** - This class will focus on the use of BJJ without the Gi. Those attending should wear a rash guard and shorts rather than the traditional kimono. Spats are also recommended.

### AFTER SCHOOL CLUBS (ASC) - (term time only)

These classes are only available to the pupils of the listed school. A separate subscription is needed for the ASC, however it can be linked with a monthly subscription.

**MONDAY at 3:20pm** - Bishop's Waltham Infant

**TUESDAY at 3:30pm** - Bishop's Waltham Junior

**WEDNESDAY at 3:30pm** - Netley Abbey Junior

**THURSDAY at 3:30pm** - Hamble Primary