

# PHOENIX SCHOOL OF MARTIAL ARTS - CLASS TIMETABLE

As of February 2024

HAMBLE SPORTS COMPLEX			
TUESDAY	Sports Hall	THURSDAY	Sports Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Junior & Youth All Ranks	4:30pm to 5:25pm	Freestyle TaeKwonDo Junior & Youth All Ranks
6:00pm to 6:55pm	Brazilain Jiu Jitsu Junior & Youth All Ranks	5:30pm to 6:25pm	Brazilain Jiu Jitsu Junior & Youth All Ranks
7:00pm to 8:10pm	Freestyle TaeKwonDo Teens & Adults All Ranks	6:30pm to 7:25pm	Freestyle TaeKwonDo Teens & Adults All Ranks
8:15pm to 9:30pm	Brazilain Jiu Jitsu Teenagers & Adults All Ranks	7:30pm to 8:30pm	Brazilain Jiu Jitsu Teens & Adults Gi/No Gi option
WEDNESDAY	Sports Hall	SUNDAY	Sports Hall
7:30pm to 8:25pm	Brazilain Jiu Jitsu Teens & Adults LADIES ONLY	9:30am to 10:25am	Freestyle TaeKwonDo Junior, Youth, Teens & Adults All Ranks
8:30pm to 9:30pm	Brazilain Jiu Jitsu Teens & Adults All Ranks	10:30am to 11:30am	Freestyle TaeKwonDo Junior, Youth, Teens & Adults All Ranks

JUBILEE HALL (Bishop's Waltham)			
WEDNESDAY	Main Hall	FRIDAY	Main Hall
5:30pm to 6:25pm	Freestyle TaeKwonDo Junior, Youth, Teens & Adults All Ranks	5:30pm to 6:25pm	Freestyle TaeKwonDo Junior, Youth, Teens & Adults All Ranks
6:30pm to 7:30pm	Brazilian Jiu Jitsu Junior, Youth, Teens & Adults All Ranks	6:30pm to 7:30pm	Brazilian Jiu Jitsu Junior, Youth, Teens & Adults All Ranks

SARISBURY GREEN COMMUNITY CENTRE	
MONDAY	Main Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Junior & Youth All Ranks
6:00pm to 6:55pm	Brazilain Jiu Jitsu Junior & Youth All Ranks
7:00pm to 8:10pm	Freestyle TaeKwonDo Teens & Adults All Ranks
8:15pm to 9:30pm	Brazilain Jiu Jitsu Teens & Adults All Ranks

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)	
SATURDAY	Sports Hall
9:00am to 9:45am	Freestyle TaeKwonDo Ages 3 to 7 White to Orange
9:50am to 10:45am	Freestyle TaeKwonDo Ages 8 to 15, White to Orange Ages 6 to 15, Green to Brown
10:50am to 11:45am	Freestyle TaeKwonDo Ages 8 to 15 Red & Black
11:50am to 1:00pm	Freestyle TaeKwonDo Teens & Adults All Ranks

AFTER SCHOOL CLUBS (term time only)			
MONDAY	BISHOP'S WALTHAM INFANT	WEDNESDAY	NETLEY ABBEY JUNIOR
3:20pm to 4:20pm	Freestyle TaeKwonDo Juniors All Ranks	3:30pm to 4:30pm	Freestyle TaeKwonDo Juniors All Ranks
TUESDAY	BISHOP'S WALTHAM JUNIOR	THURSDAY	HAMBLE PRIMARY
3:30pm to 4:30pm	Freestyle TaeKwonDo Juniors All Ranks	3:30pm to 4:30pm	Freestyle TaeKwonDo Juniors All Ranks