

PHOENIX SCHOOL OF MARTIAL ARTS - SUMMER TIMETABLE

From 29th July to 1st September 2024

AGE CATEGORIES

Lil' Dragons - Ages 3 to 5

Juniors - Ages 5 to 12

Teens - Ages 12 to 16

Adults - Ages 16+

HAMBLE SPORTS COMPLEX	
TUESDAY	Sports Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Juniors All Ranks
6:00pm to 6:55pm	Brazilian Jiu Jitsu Junior & Teens All Ranks
7:00pm to 8:10pm	Freestyle TaeKwonDo Teens & Adults All Ranks
8:15pm to 9:30pm	Brazilian Jiu Jitsu Teens & Adults All Ranks
WEDNESDAY	Sports Hall
7:30pm to 8:25pm	Brazilian Jiu Jitsu Teens & Adults LADIES ONLY
8:30pm to 9:30pm	Brazilian Jiu Jitsu Teens & Adults All Ranks
THURSDAY	Sports Hall
4:30pm to 5:25pm	Freestyle TaeKwonDo Lil' Dragons & Juniors All Ranks
5:30pm to 6:25pm	Brazilian Jiu Jitsu Junior & Teens All Ranks
6:30pm to 7:25pm	Freestyle TaeKwonDo Teens & Adults All Ranks
7:30pm to 8:30pm	Brazilian Jiu Jitsu Teens & Adults All Ranks

SARISBURY GREEN COMMUNITY CENTRE	
MONDAY	Main Hall
5:15pm to 6:10pm	Freestyle TaeKwonDo Juniors All Ranks
6:15pm to 7:10pm	Brazilian Jiu Jitsu Juniors All Ranks
7:15pm to 8:25pm	Freestyle TaeKwonDo Teens & Adults All Ranks
8:30pm to 9:30pm	Brazilian Jiu Jitsu Teens & Adults All Ranks

JUBILEE HALL (Bishop's Waltham)	
WEDNESDAY	Main Hall
5:30pm to 6:25pm	Freestyle TaeKwonDo Junior, Teens & Adults All Ranks
6:30pm to 7:30pm	Brazilian Jiu Jitsu Junior, Teens & Adults All Ranks
FRIDAY	Main Hall
5:15pm to 6:15pm	Freestyle TaeKwonDo Junior, Teens & Adults All Ranks
6:20pm to 7:45pm	Brazilian Jiu Jitsu Junior, Teens & Adults All Ranks

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)	
SATURDAY	Sports Hall
9:00am to 9:45am	Freestyle TaeKwonDo Ages 3 to 7 All Ranks
9:50am to 10:45am	Freestyle TaeKwonDo Ages 8 to 12 All Ranks
10:50am to 12:00pm	Freestyle TaeKwonDo Teens & Adults All Ranks