

# Phoenix Schools of Martial Arts

Freestyle TaeKwonDo & Brazilian Jiu Jitsu



## Class Timetable As of 1st October 2024

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 9:40pm	Brazilian Jiu Jitsu Teens & Adults All Ranks

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

HAMBLE SPORTS COMPLEX	
TUESDAY	Sports Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Juniors - All Ranks
6:00pm to 6:55pm	Brazilian Jiu Jitsu Juniors & 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

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)	
SATURDAY	Sports Hall
9:00am to 9:45am	Freestyle TaeKwonDo Lil' Dragons Juniors, White to Blue Belts
9:50am to 10:45am	Freestyle TaeKwonDo Juniors, Purple to Black Belt
10:50am to 11:45am	Freestyle TaeKwonDo Teens & Adults Senior Red & Black Belts
11:45am to 1:00pm	Freestyle TaeKwonDo Teens & Adults All Ranks

WEDNESDAY	
Sports Hall	
7:30pm to 8:25pm	Brazilian Jiu Jitsu Teens & Adults - <b>LADIES ONLY</b>
8:30pm to 9:30pm	Brazilian Jiu Jitsu Teens & Adults - All Ranks
THURSDAY	
Sports Hall	
4:30pm to 5:25pm	Freestyle TaeKwonDo Juniors - All Ranks
5:30pm to 6:25pm	Brazilian Jiu Jitsu Juniors & Teens - All Ranks
6:30pm to 7:25pm	Freestyle TaeKwonDo Teens & Adults - All Ranks
7:30pm to 8:25pm	<b>Self Defence Systems</b> Teens & Adults - All Ranks
8:30pm to 9:30pm	Brazilian Jiu Jitsu Teens & Adults All Ranks <i>(Gi or No Gi option)</i>

AFTER SCHOOL CLUBS	
<i>(term time classes for the pupils of the listed school only)</i>	
MONDAY	BISHOP'S WALTHAM INFANT
3:20pm to 4:20pm	Freestyle TaeKwonDo Juniors - All Ranks
TUESDAY	HAMBLE PRIMARY
3:30pm to 4:30pm	Freestyle TaeKwonDo Juniors - All Ranks
WEDNESDAY	NETLEY ABBEY JUNIOR
3:30pm to 4:30pm	Freestyle TaeKwonDo Juniors - All Ranks

AGE CATEGORIES & CLASS OVERLAPS	
<b>Lil' Dragons</b> - Ages 3 & 4	<b>Juniors</b> - Ages 5 to 12
<b>Teens</b> - Ages 12 to 16	<b>Adults</b> - Ages 15+
<p>Most classes are split into age categories. These blend to allow those that are on the borderline of either age group to be placed in which class is best suited to them. Siblings may attend classes together where it is unavoidable, however please confirm with the Senior Instructor to which class is best. If a class of the same style immediately follows another, and both are applicable to the student, they may attend both and be classified as a single class within their membership. Always confirm with your Instructor if unsure.</p>	