

Phoenix Schools of Martial Arts

Freestyle TaeKwonDo & Brazilian Jiu Jitsu



Class Timetable
As of 1st September 2024

AGE CATEGORIES			
Lil' Dragons - Ages 3 & 4	Juniors - Ages 5 to 12	Teens - Ages 12 to 16	Adults - Ages 16+

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

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

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)	
SATURDAY	Sports Hall
9:00am to 9:45am	Freestyle TaeKwonDo Lil' Dragons Juniors 5-7 years, White to Green
9:50am to 10:45am	Freestyle TaeKwonDo Juniors 8-12 years, White to Green Juniors, Blue to Red
10:50am to 11:45am	Freestyle TaeKwonDo Juniors & Teens Senior Red & Black
11:50am to 1:00pm	Freestyle TaeKwonDo Teens & Adults All Ranks

AFTER SCHOOL CLUBS			
<i>(term time classes for the pupils of the listed school only)</i>			
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	HAMBLE PRIMARY	FRIDAY	ITCHEN ABBAS PRIMARY
3:30pm to 4:30pm	Freestyle TaeKwonDo Juniors All Ranks	3:30pm to 4:30pm	Freestyle TaeKwonDo Juniors All Ranks