

Phoenix Schools of Martial Arts

Freestyle TaeKwonDo & Brazilian Jiu Jitsu



Class Timetable
As of 4th January 2025

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

LOCKSWOOD COMMUNITY CENTRE LOCKS HEATH	
SATURDAY	Sports Hall
9:00am to 9:55am	Freestyle TaeKwonDo Lil' Dragons & Juniors, White to Blue
10:00am to 10:55am	Freestyle TaeKwonDo Juniors, Orange to Red
11:00am to 12:00pm	Freestyle TaeKwonDo All Ages, Red to Black
11:45am to 1:00pm	Freestyle TaeKwonDo 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 - 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 9:00pm	Brazilian Jiu Jitsu Teens & Adults LADIES ONLY
8:45pm to 9:30pm	Brazilian Jiu Jitsu Teens & Adults - OPEN MAT
THURSDAY	Sports Hall
4:30pm to 5:25pm	Freestyle TaeKwonDo Juniors & Teens - 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	Self Defence Systems Teens & Adults - All Ranks
8:30pm to 9:30pm	Brazilian Jiu Jitsu (No Gi) Teens & Adults - All Ranks

AGE CATEGORIES & CLASS OVERLAPS

Lil' Dragons - Ages 3 & 4 **Juniors** - Ages 5 to 12
Teens - Ages 12 to 16 **Adults** - Ages 15+

Most classes are split into age categories. These blend to allow those that are on the boarderline 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.

When class timings that overlap, this means that those in the first class may continue on but those arrive for the next class will have an opportunity to warm up before starting.

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.