

# Phoenix School of Martial Arts - Class Timetable (All Locations)

(July & August 2018)

## COLOUR KEY

Freestyle TaeKwonDo	Self Defence Systems		After School Club	Brazilian Jiu Jitsu
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### MONDAYS

#### HAMBLE SPORTS COMPLEX

5:30pm - 6:25pm <i>School Hall</i>	Lil' Dragons, Juniors & Youth All Ranks
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6:30pm - 7:25pm <i>School Hall</i>	Junior Grades (ages 7 to 14) All Ranks
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7:30pm - 8:30pm <i>School Hall</i>	Adult Grades (ages 15+) All Ranks
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#### GENESIS CENTRE (Locks Heath)

5:30pm - 6:25pm	Lil' Dragons & Juniors White & Yellow
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6:30pm - 7:25pm	Juniors & Youth Orange to Black
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7:30pm - 8:30pm	Youth & Adults All Ranks
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### TUESDAYS

#### HAMBLE SPORTS COMPLEX

5:00pm - 5:55pm <i>Sports Hall</i>	Lil' Dragons, Juniors & Youth White to Senior Brown
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6:00pm - 6:55pm <i>Sports Hall</i>	All Ages Red & Black
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7:00pm to 8:00pm <i>Sports Hall</i>	Youth & Adults All Ranks
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8:15pm - 9:15pm <i>Movement Studio</i>	Teenagers & Adults All Ranks
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### WEDNESDAYS

#### JUBILEE HALL (Bishops Waltham)

5:15pm - 6:10pm <i>Sports Hall</i>	All Ages All Ranks
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6:15pm - 7:15pm <i>Sports Hall</i>	All Ages All Ranks
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### THURSDAYS

#### HAMBLE SPORTS COMPLEX

5:00pm - 5:55pm <i>Sports Hall</i>	Juniors, Youth & Adults All Ranks
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6:00pm - 6:55pm <i>Sports Hall</i>	Juniors, Youth & Adults All Ranks
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7:00pm - 8:00pm <i>Sports Hall</i>	Youth & Adults All Ranks
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### FRIDAYS

#### BOTLEY MARKET HALL

5:00pm - 5:55pm	Juniors & Youth All Ranks
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6:00pm - 6:55pm	Juniors, Youth & Adults All Ranks
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7:00pm - 8:00pm	Adults & Families All Ranks
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PLEASE NOTE: students can attend no more than 2 hours

### SATURDAYS

#### LOCKSWOOD COMMUNITY CENTRE (Locks Heath)

9:00am - 9:55am	Lil' Dragons & Juniors White to Green
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10:00am - 10:55am	Juniors Blue to Black
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11:00am - 12:00pm	Youth & Adults All Ranks
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### SUNDAYS

#### HAMBLE SPORTS COMPLEX

11:00am - 12:00pm	All Ages All Ranks
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12:00pm - 1:00pm	All Ages All Ranks
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### After School Clubs

Monday - Bishops Waltham Junior (3:30pm - 4:30pm)

Tuesday - Hamble Primary (3:30pm - 4:30pm)

Wednesday - Netley Abbey Junior (3:30pm - 4:30pm)

Thursday - Bishops Waltham Infant (3:15pm - 4:15pm)

Friday - Netley Abbey Infant (3:20pm - 4:20pm)

After School Clubs are for the schools pupils ONLY. They only run in term time and are not included in a Monthly Subscription

### Age Categories

Lil' Dragons	Ages 3 to 5
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Juniors	Ages 5 to 10
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Youth	Ages 11 to 15
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Teenagers	Ages 13 to 19
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Adults	Ages 16+
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Adult Grade BJJ Members may also attend the SDS class as part of a Silver Level Subscription

Classes separated by a dotted line allow selected members to continue into the next class.

ALL AGES, ALL RANKS CLASSES - Lil' Dragons MUST be accompanied by their parents