

Phoenix Schools of Martial Arts

Freestyle TaeKwonDo & Brazilian Jiu Jitsu



Class Timetable
From 27th July to 31st August 2020

CLASS STYLE KEY:	
FREESTYLE TAEKWONDO	BRAZILIAN JIU JITSU

HAMBLE SPORTS COMPLEX	
TUESDAY	Sports Hall
4:30pm to 5:25pm	Juniors & Teens All Ranks
5:30pm to 6:25pm	Juniors & Teens All Ranks
6:30pm to 7:25pm	Teens & Adults All Ranks
7:30pm to 8:30pm	Teens & Adults All Ranks
WEDNESDAY	Sports Hall
8:00pm to 9:00pm	Teens & Adults LADIES ONLY
THURSDAY	Sports Hall
4:30pm to 5:25pm	Juniors & Teens All Ranks
5:30pm to 6:25pm	Juniors & Teens All Ranks
6:30pm to 7:25pm	Teens & Adults All Ranks
7:30pm to 8:30pm	Teens & Adults NO-GI

SARISBURY GREEN COMMUNITY CENTRE	
MONDAY	Main Hall
5:00pm to 5:55pm	Juniors & Teens All Ranks
6:00pm to 6:55pm	Juniors & Teens All Ranks
7:00pm to 7:55pm	Teens & Adults All Ranks
8:00pm to 9:00pm	Teens & Adults All Ranks

JUBILEE HALL BISHOP'S WALTHAM	
WEDNESDAY	Main Hall
5:30pm to 6:25pm	Juniors, Teens & Adults All Ranks
6:30pm to 7:30pm	Juniors, Teens & Adults All Ranks
FRIDAY	Main Hall
5:30pm to 6:25pm	Juniors, Teens & Adults All Ranks
6:30pm to 7:30pm	Juniors, Teens & Adults All Ranks

LOCKSWOOD COMMUNITY CENTRE LOCKS HEATH	
SATURDAY	Sports Hall
10:00am to 10:55am	Juniors & Teens All Ranks
11:00am to 12:00pm	Teens & Adults All Ranks

AGE CATEGORIES & CLASS OVERLAPS	
Juniors - Ages 4 to 12	
Teens - Ages 12 to 15	
Adults - Ages 15+	
The above age categories overlap to allow those that are on the borderline of either age group to be placed in which class is best suited to them. Siblings or other household members may attend classes together where it is unavoidable.	