

Phoenix Schools of Martial Arts

Freestyle TaekwonDo & Brazilian Jiu Jitsu

Class Timetable
As of September 2026



CLASS STYLE KEY:

FREESTYLE TAEKWONDO

BRAZILIAN JIU JITSU

SARISBURY GREEN COMMUNITY CENTRE	
MONDAY	Main Hall
5:15pm to 6:10pm	Ages 4 to 14 All Ranks
6:15pm to 7:10pm	Ages 4 to 14 All Ranks
7:15pm to 8:25pm	Ages 13 and over All Ranks
8:30pm to 9:40pm	Ages 14 and over All Ranks

JUBILEE HALL BISHOP'S WALTHAM	
WEDNESDAY	Gold Room
5:15pm to 6:25pm	All Ages All Ranks
6:30pm to 7:45pm	All Ages All Ranks
FRIDAY	Gold Room
5:15pm to 6:25pm	All Ages All Ranks
6:30pm to 7:45pm	All Ages All Ranks

LOCKSWOOD COMMUNITY CENTRE LOCKS HEATH	
SATURDAY	Sports Hall
9:00am to 9:55am	Ages 4 to 8 All Ranks
10:00am to 11:25am	Ages 8 to 13 All Ranks
11:30am to 1:00pm	Ages 12 and over All Ranks

HAMBLE SPORTS COMPLEX	
TUESDAY	Sports Hall
5:00pm to 5:55pm	Ages 4 to 14 All Ranks
6:00pm to 6:55pm	Ages 4 to 14 All Ranks
7:00pm to 8:15pm	Ages 13 and over All Ranks
8:20pm to 9:30pm	Ages 14 and over All Ranks
WEDNESDAY	Sports Hall
7:45pm to 9:00pm	Ages 13 and over LADIES ONLY
THURSDAY	Sports Hall
4:30pm to 5:25pm	Ages 4 to 14 All Ranks
5:30pm to 6:25pm	Ages 4 to 14 All Ranks
6:30pm to 7:25pm	Ages 12 and over All Ranks
7:30pm to 8:30pm	Ages 12 and over All Ranks
8:35pm to 9:30pm	Ages 14 and over NO-GI BJJ

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	Years 1 & 2 All Ranks
TUESDAY	HAMBLE PRIMARY
3:30pm to 4:30pm	Years 1 to 6 All Ranks
WEDNESDAY	NETLEY ABBEY JUNIOR
3:30pm to 4:30pm	Years 3 to 6 All Ranks