

Phoenix Schools of Martial Arts

Freestyle TaekwonDo & Brazilian Jiu Jitsu

Class Timetable
As of June 2025



CLASS STYLE KEY:

FREESTYLE TAEKWONDO

BRAZILIAN JIU JITSU

HAMBLE SPORTS COMPLEX	
TUESDAY	Sports Hall
5:00pm to 5:55pm	Juniors & Teens All Ranks
6:00pm to 6:55pm	Juniors & Teens All Ranks
7:00pm to 8:15pm	Teens & Adults All Ranks
8:20pm to 9:30pm	Teens & Adults All Ranks
WEDNESDAY	Sports Hall
7:45pm to 9:15pm	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 All Ranks

SARISBURY GREEN COMMUNITY CENTRE	
MONDAY	Main Hall
5:15pm to 6:10pm	Juniors & Teens All Ranks
6:15pm to 7:10pm	Juniors & Teens All Ranks
7:15pm to 8:25pm	Teens & Adults All Ranks
8:30pm to 9:40pm	Teens & Adults All Ranks

JUBILEE HALL BISHOP'S WALTHAM	
WEDNESDAY	Main Hall
5:15pm to 6:30pm	Juniors, Teens & Adults All Ranks
6:30pm to 7:45pm	Juniors, Teens & Adults All Ranks
FRIDAY	Main Hall
5:15pm to 6:30pm	Juniors, Teens & Adults All Ranks
6:30pm to 7:45pm	Juniors, Teens & Adults All Ranks

LOCKSWOOD COMMUNITY CENTRE LOCKS HEATH	
SATURDAY	Sports Hall
9:00am to 9:55am	Lil' Dragons & Juniors, ages 3 to 8 All Ranks
10:00am to 10:55am	Juniors, ages 8 and 12 All Ranks
11:00am to 11:55am	All Ages, All Ranks (Specialist Session)
12:00pm to 1:00pm	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+
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.	

SATURDAY SPECIALIST SESSION
These classes will have a varying focus each week. This may include but not limited to specific subjects in TKD, Instructor Training, Event Prep, Syllabus Training, Seminars.