

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

COLOUR KEY

Freestyle TaeKwonDo	Self Defence Systems	Brazilian Jiu Jitsu	After School Clubs
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(As of January 2019)

MONDAYS

3:30pm - 4:30pm		Bishops Waltham Junior	
HAMBLE SPORTS COMPLEX			
5:30pm - 6:25pm	Juniors & Youth	All Ranks	
<i>School Hall</i>			
6:30pm - 7:25pm	Juniors & Youth		
<i>School Hall</i>	All Ranks		
7:30pm - 8:30pm	Teenagers & Adults	All Ranks	
<i>School Hall</i>			
GENESIS CENTRE (Locks Heath)			
5:30pm - 6:25pm	Lil' Dragons & Juniors	White & Yellow	
<i>School Hall</i>			
6:30pm - 7:25pm	Juniors		
<i>School Hall</i>	Orange to Black		
7:30pm - 8:30pm	Youth & Adults	All Ranks	
<i>School Hall</i>			

TUESDAYS

3:30pm - 4:30pm		Hamble Primary	
3:30pm - 4:30pm		Curdrige Primary	
HAMBLE SPORTS COMPLEX			
5:00pm - 5:50pm	Lil' Dragons, Juniors & Youth	All Ranks	
<i>School Hall</i>			
5:50pm - 6:25pm	Juniors & Youth		
<i>School Hall</i>	Red & Black		
6:30pm - 7:25pm	Juniors & Youth	All Ranks	
<i>School Hall</i>			
7:30pm to 8:30pm	Youth & Adults		
<i>School Hall</i>	All Ranks		
8:30pm - 9:30pm	Teenagers & Adults	All Ranks	
<i>School Hall</i>			

WEDNESDAYS

3:30pm - 4:30pm		Netley Abbey Junior	
JUBILEE HALL (Bishops Waltham)			
5:15pm - 6:10pm	All Ages	All Ranks	
<i>Gold Room</i>			
6:15pm - 7:15pm	All Ages		
<i>Gold Room</i>	All Ranks		
FAREHAM COLLEGE			
5:30pm - 6:30pm	Juniors & Youth	All Ranks	
<i>Sports Hall</i>			
7:00pm - 8:00pm	Teenagers & Adults		
<i>Theatre</i>	All Ranks		
HAMBLE SPORTS COMPLEX			
8:00pm - 9:00pm	Teenagers & Adults	All Ranks	
<i>School Hall</i>			

THURSDAYS

3:15pm - 4:15pm		Bishops Waltham Infant	
HAMBLE SPORTS COMPLEX			
5:00pm - 5:55pm	Juniors, Youth & Adults	All Ranks	
<i>Sports Hall</i>			
6:00pm - 6:55pm	Juniors, Brown to Black		
<i>Sports Hall</i>	Youth & Adults, All Ranks		
7:00pm - 8:00pm	Youth & Adults	All Ranks	
<i>Sports Hall</i>			

FRIDAYS

3:20pm - 4:20pm		Netley Abbey Infant	
BOTLEY MARKET HALL			
5:00pm - 5:55pm	Juniors & Youth	All Ranks	
<i>Sports Hall</i>			
6:00pm - 6:55pm	Juniors, Youth & Adults		
<i>Sports Hall</i>	All Ranks		
7:00pm - 8:00pm	Adults & Families	All Ranks	
<i>Sports Hall</i>			

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 Blue	
<i>Sports Hall</i>			
10:00am - 10:55am	Juniors, Purple to Black		
<i>Sports Hall</i>	Youth, White & Yellow		
11:00am - 12:00pm	Youth, Orange to Black	Teeanger & Adult, All Ranks	
<i>Sports Hall</i>			

SUNDAYS

HAMBLE SPORTS COMPLEX			
11:00am - 12:00pm	All Ages	All Ranks	
<i>Studio</i>			
12:00pm - 1:00pm	All Ages		
<i>Studio</i>	All Ranks		

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
Juniors	Ages 5 to 9
Youth	Ages 10 to 15
Teenagers	Ages 13 to 19
Adults	Ages 16+

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

ALL AGES, ALL RANKS CLASSES -

Lil' Dragons MUST be accompanied by their parents