

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

COLOUR KEY

Freestyle TaeKwonDo	Self Defence Systems	Brazilian Jiu Jitsu	After School Clubs (ASC)*
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(as of March 2019)

MONDAYS

3:30pm - 4:30pm Bishops Waltham Junior	
HAMBLE SPORTS COMPLEX	
5:30pm - 6:25pm <i>School Hall</i>	Juniors & Youth All Ranks
6:30pm - 7:25pm <i>School Hall</i>	Juniors & Youth All Ranks
7:30pm - 8:30pm <i>School Hall</i>	Teenagers & Adults All Ranks
GENESIS CENTRE (Locks Heath)	
5:30pm - 6:25pm	Ages 3 to 9 All Ranks
6:30pm - 7:25pm	Ages 10 to 14 All Ranks
7:30pm - 8:30pm	Ages 15 and up All Ranks

TUESDAYS

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

WEDNESDAYS

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

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

THURSDAYS

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

FRIDAYS

3:20pm - 4:20pm Netley Abbey Infant	
JUBILEE HALL (Bishops Waltham)	
5:30pm - 6:25pm <i>Gold Room</i>	Juniors & Youth All Ranks
6:30pm - 7:25pm <i>Gold Room</i>	Juniors, Youth & Adults All Ranks
7:30pm - 8:30pm <i>Gold Room</i>	Adults & Families All Ranks

PLEASE NOTE: students can attend no more than 2 hours

SATURDAYS

LOCKSWOOD COMMUNITY CENTRE (Locks Heath)	
9:00am - 9:40am	Lil' Dragons Juniors, White & Yellow
9:45am - 10:40am	Juniors Orange, Green & Blue
10:45am - 11:40am	Juniors Purple to Black
11:45am - 12:45pm	Youth & Adults All Ranks

SUNDAYS

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

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+

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

*ASC are for the schools pupils ONLY and only run in term time.