

COLOUR KEY

HAMBLE

LOCKS HEATH

BOTLEY

BISHOPS WALTHAM

Class Times for Hamble Sports Complex

MONDAY	Sports Hall
5:30pm to 6:25pm	Freestyle TaeKwonDo Lil' Dragons & Juniors White to Green
6:30pm to 7:25pm	Freestyle TaeKwonDo Juniors & Youth Blue to Black
7:30pm to 8:30pm	Martial Arts Open Mat* Youth & Adults All Ranks

Class Times for Genesis Centre

MONDAY	Main Hall
5:30pm to 6:25pm	Freestyle TaeKwonDo Ages 4 to 8 All Ranks
6:30pm to 7:25pm	Freestyle TaeKwonDo Ages 9 to 12 All Ranks
7:30pm to 8:30pm	Freestyle TaeKwonDo Teenagers & Adults All Ranks

Class Times for Lockwood Centre

SATURDAY	Activities Room/Sports Hall
9:00am to 9:55am	Freestyle TaeKwonDo Lil' Dragons & Juniors White & Yellow
10:00am to 10:55am	Freestyle TaeKwonDo Juniors & Youth Orange to Black
11:00am to 12:00pm	Freestyle TaeKwonDo Youth & Adults All Ranks

Class Times for Botley Market Hall

FRIDAY	Main Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Juniors & Youth All Ranks
6:00pm to 6:55pm	Freestyle TaeKwonDo Juniors, Youth & Adults All Ranks
7:00pm to 8:00pm	Freestyle TaeKwonDo Adults & Families All Ranks

**PLEASE NOTE: students can attend no more than 2 hours*

Class Times for St. Peter's Church Hall

WEDNESDAY	Main Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Juniors & Youth All Ranks
6:00pm to 7:00pm	Freestyle TaeKwonDo Youth & Adults All Ranks

TUESDAY	Sports Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Lil' Dragons, Juniors & Youth White to Senior Brown
6:00pm to 6:55pm	Freestyle TaeKwonDo All Ages Red to Black
TUESDAY	Pavilion
7:15pm to 8:15pm	Self Defence Systems Youth & Adults All Ranks
8:15pm to 9:15pm	Freestyle TaeKwonDo Teenagers & Adults All Ranks

THURSDAY	Sports Hall
5:00pm to 5:55pm	Freestyle TaeKwonDo Juniors, Youth & Adults All Ranks
6:00pm to 6:55pm	Freestyle TaeKwonDo Juniors, Youth & Adults All Ranks
7:00pm to 8:00pm	Self Defence Systems Youth & Adults All Ranks

SUNDAY	Movement Studio
11:00am to 1:00pm	Freestyle TaeKwonDo All Ages* All Ranks

**Lil' Dragons MUST be accompanied by their parents*

Ages Categories

Lil' Dragons - ages 3 to 5

Youth - ages 11 to 15

Juniors - ages 5 to 11

Adults - ages 15+

**Martial Arts Open Mat class will give members use of the hall to practice what they wish from any programme. There will be a supervising Instructor present to assist you with anything you may wish to do.*