

PHOENIX 'FITNESS CLASS' TIMETABLE

From 10 July 2017

Highlighted cell identifies a free trial



COMBAT SPORTS, MARTIAL ARTS AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning workouts – start your day with energy!					
To do a morning class – you must be a member first – please come in and join during opening hours (from 2:00pm Monday to Friday & from 9:00am Saturday)					
6:05am – 6:55am Wake Up Workout	6:05am – 6:55am Fighting Fit™ Requires 4 Muaythai classes experience	6:05am – 6:55am Wake Up Workout	6:05am – 6:55am Muay Thai All level class		
Open gym training 2:00pm and 4:30pm (Monday to Friday) 10:00am to 3:00pm (Saturday) (Own training is available during all opening hours, however, you MUST give way to the class as required)					
PHOENIX FIT™ - GROUP FITNESS CLASSES – ADULTS (Children 14 – 17 years welcome when Phoenix certified)					
4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fitness™	4:45pm – 5:25pm Express Fitness™	8:30am - 10:00am Tough Fit™
5:35pm – 6:25pm Phoenix Fit Beginner Group fitness class Develop your fitness ability & skills	5:45pm – 6:15pm SLED's & more! Bookings required	5:35pm – 6:25pm Phoenix Fit Beginner Group fitness class Develop your fitness ability & skills	5:35pm – 6:30pm Phoenix Fit Intermediate (Must be graded at FITNESS to attend)		This is a great workout that is challenging and requires a solid base level of fitness. At least 1 month at regular classes is recommended.
6:35pm – 7:25pm Fighting Fit™ Fitness & conditioning. Requires 4 Muaythai classes experience	6:35pm – 7:30pm Phoenix Fit Intermediate (Must be graded at FITNESS to attend)	6:35pm – 7:25pm Fighting Fit™ (Must be graded in MT or Fitness to attend)			

It is a remarkable experience to be a part of Phoenix.

We are Canberra's biggest 'little' fitness gym with over 20 year's experience.

PHOENIX FIT: Phoenix Fit is a great fitness program that will leave you satisfied every class and keep you coming back for more. Phoenix Fitness is designed to be a stand-alone fitness program that offers everything you need to be fitter, faster, stronger, and tougher. Phoenix Fit will challenge you every class and you will be coached to reach your goals and have fun doing it. Phoenix does high intensity training, cardio development, and strength workouts, all designed for your overall athletic development.

Phoenix Fit is fitness with a purpose and has its own grading system. Phoenix Fit is real training that stresses your body and teaches it to adapt and improve to the demands required. All in a hardworking, but safe fitness development team environment. Phoenix Fit is gimmick free and follows proven systems that work, get results, and are fun for everyone.

Phoenix Fit classes include: **Beginner Fitness;** learn the technique and exercises required to have great fitness and how to work hard enough for it to work for you. **Intermediate** classes are for graded people and are more demanding and challenging. Classes are more intense, but also more satisfying. **Express Fitness** is an effective full body workout with cardio and strength development. **Tough Fit** is a big challenging circuit to start your weekend. **Fighting Fit** is an action-packed class combining fitness with Muay Thai (you need your own gloves). **Sleds** is sleds for 30 minutes (booking sheets for sleds are in the Phoenix Fit room). **Wake Up Workouts** – 6:05am classes to get your day started with energy and satisfaction. Every class is different and every class is good for you – just get there!

www.phoenixgym.com.au or enquiries: info@phoenixgym.com.au or 6241 2402