

PHOENIX COMBAT SPORTS TIMETABLE

From 24 July 2017

Highlighted cell identifies a free trial



COMBAT SPORTS, MARTIAL ARTS AND FITNESS

MUAY THAI KICKBOXING CLASSES

(you get the most effective striking martial art in the world with the best workout you can get included)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:05am – 6:55am * Fighting Fit™ Requires 4 Muaythai classes experience		6:05am – 6:55am * Muay Thai All level class	* You must be a member before attending a morning class. Please come and sign up for a membership from 2.00pm Monday - Friday, or from 9.00am Saturday.	
5:30pm – 6:30pm Muay Thai Kickboxing Beginner	5:30pm – 6:30pm Muay Thai Kickboxing Beginner	5:30pm – 6:30pm Muay Thai Kickboxing Beginner	5:30pm – 6:30pm Muay Thai BAG WORK Beginner - Intermediate	5:30pm – 6:30pm Muay Thai All level class (need min 4 MT classes to attend)	10:00am – 12:00pm FIGHT CLUB SPARRING Level 1 plus+
5:30pm – 6:30pm Muay Thai TTFU™ & Level 1 Development class	5:30pm – 6:30pm Muay Thai Thai Pad Training Intermediate – Level 1+	5:30pm – 6:30pm Muay Thai TTFU™ & Level 1 Development class	5:30pm – 6:30pm Muay Thai TTFU™ & Level 1 Partner work class		
6.30pm – 7.30pm Muay Thai Kickboxing Beginner	6:30pm – 7:30pm Muay Thai BAG WORK Beginner - Intermediate (skill & fitness)	6.30pm – 7.30pm Muay Thai Kickboxing Beginner	6:30pm – 7:30pm Muay Thai Beginner with Thai pads included (need min 8 classes)		12:00pm – 1:00pm Muay Thai TTFU & Level 1 Development class
6:30pm – 7:30pm Muay Thai Kickboxing Intermediate Level 1-2 (Class extension) 7:30pm – 8:00pm More training!	6:30pm – 8:30pm Muay Thai Kickboxing Advanced Level 2 & above	6:30pm – 7:30pm Muay Thai Kickboxing Intermediate Level 1-2 (Class extension) 7:30pm – 8:00pm Sparring	6:30pm – 8:00pm Muay Thai Kickboxing Advanced Level 2 & above (class extension) 8:00pm – 8:30pm Extra clinching		(class extension) 1:00pm – 1:30pm Sparring training
6:35pm – 7:25pm Fighting Fit™ Fitness & conditioning. Requires 4 Muaythai classes experience	7:30pm – 8:30pm Muay Thai Kickboxing Beginner	6:30pm – 7:30pm Fighting Fit™ (must be graded in MT or Fitness to attend)			1:00pm – 2:00pm Muay Thai Kickboxing Beginner

BOXING CLASSES (AUTHENTIC BOXING FOR FITNESS & SKILL)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:40pm – 5:25pm Boxing Express™ Beginner		4:40pm – 5:25pm Boxing Express™ Beginner		5:30pm – 6:30pm	12:00pm – 1:00pm Boxing All levels
7:30pm – 8:30pm Boxing Beginner	7:30pm – 8:30pm Boxing Focus Mitt & Bag Work (8 classes experience required to do this)	7:30pm – 8:30pm Boxing Beginner	6:30pm – 7:30pm Boxing Beginner (class extension) 7:30pm – 8:00pm Defence development	Boxing Intermediate TTFU™ & Level 1	30 min class extension for sparring (TTFU+)

BJJ CLASSES (Brazilian Jiu Jitsu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30pm – 7.30pm BJJ Beginner class Technique & drills (Class extension) 7:30pm – 8:00pm Drills / rolling	6.30pm – 7.30pm BJJ Beginner class Fundamentals (Class extension) 7:30pm – 8:00pm Drills / rolling	6.30pm – 7.30pm BJJ Beginner class Technique & drills	5.30pm – 6.30pm BJJ Beginner class Fundamentals (Class extension) 7:30pm – 8:00pm Drills / rolling	5:30pm – 7:00pm BJJ - No Gi Rash vest & MMA shorts required	10:00am-11:30am BJJ Beginner class Technique, drills, rolling & conditioning

PERSONAL TRAINING IS AVAILABLE IN ALL PROGRAMS
(1-1, WITH A BUDDY OR IN SMALL GROUPS)

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

More experience, more classes, more coaches, world class facilities and programs!

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