

PHOENIX MUAYTHAI, BOXING & FITNESS

From Monday 8 Jan – Sunday 21 Jan 2018

Claim a free trial at: www.phoenixgym.com.au

Staffed Hours

Mon – Thurs: 4.00 – 8.30

Fri: 4.00 – 7.00, Sat: 8.00 – 2.00



COMBAT SPORTS, MARTIAL ARTS AND FITNESS

**Transition TIMETABLE – please bear with us while we are moving the gym.
We apologise for the inconvenience.**

We will be closed for below classes on Friday 19 & Saturday 20 January 2018.

MOVE FIT CLASS – SATURDAY 20 JANUARY (9.00am – WHEN COMPLETED!)

(COME WHEN YOU CAN AND SPEND SOME TIME CARRYING AND LIFTING – BRING YOUR ‘MAN/WOMAN POWER’ AND GIVE US A HAND TO MOVE ALL OF THE FITNESS EQUIPMENT TO THE NEW GYM.)

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
5:30pm – 6:30pm Muay Thai Kickboxing Beginner/ TTFU™	5:30pm – 6:30pm Muay Thai Thai Pad Training All Levels	5:30pm – 6:30pm Muay Thai Kickboxing Beginner/ TTFU™	5:30pm – 6:30pm Muay Thai Thai Pad Training All Levels	5:30pm – 6:30pm Muay Thai 12 x 3 mins All Levels	10:00am – 12:00pm FIGHT CLUB SPARRING Level 1+
6:30pm – 7:30pm Muay Thai Kickboxing Intermediate Level 1+	6:30pm – 7:30pm Muay Thai Bag Work All Levels (Skill & Fitness)	6:30pm – 7:30pm Muay Thai Kickboxing Intermediate Level 1+ (+ ½ Hr Sparring Extension)	6:30pm – 8:30pm Muay Thai Kickboxing Advanced Level 2+		12:00pm – 1:00pm Muay Thai TTFU+ (+ ½ Hr Sparring Extension)
6:35pm – 7:25pm Fighting Fit™ Fitness & Conditioning (Min 4 Muay Thai classes)	6:30pm – 8:30pm Muay Thai Kickboxing Advanced Level 2+	24 Hour Access Available – See Reception To Apply Now			12:00pm – 1:00pm Muay Thai Kickboxing Beginner

BOXING CLASSES (Authentic boxing for fitness and skill)

7:30pm – 8:30pm Boxing Beginner	7:30pm – 8:30pm Boxing Intermediate TTFU +	7:30pm – 8:30pm Boxing Beginner	6:30pm – 7:30pm Boxing Beginner	5:30pm – 6:30pm Boxing 12 x 3mins All Levels	1:00pm – 2:00pm Boxing Beginner/TTFU
Personal training in boxing available Call Bobby on 0414 505 257 to book a session			7:30pm – 8:30pm Boxing Intermediate Level 1+		2:00pm – 3:00pm Boxing Sparring Level 1+ (Or Invite Only)

FITNESS CLASSES (High performance training for the everyday athlete)

* (To do a morning class, you must be a member first. Please come in and join during staffed hours)

6:05am – 6:55am * Wake Up Workout	6:05am – 6:55am * Wake Up Workout	6:05am – 6:55am * Wake Up Workout	6:05am – 6:55am * Wake Up Workout		8:30am – 10:00am * Tough Fit
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	
5.35pm – 6.25pm Strength Fit	5.45pm – 6.15pm Sleds	5.35pm – 6.25pm Grunt Fit Strength & Conditioning	5.35pm – 6.25pm Grunt Fit Intermediate Level 1+	PERSONAL TRAINING AVAILABLE – ALL PROGRAMS (1-1, WITH A BUDDY OR IN SMALL GROUPS)	
	6.35pm – 7.25pm Strength Fit	6.35pm – 7.25pm Fight Team Conditioning (Fighters & Invite Only)	6.35pm – 7.25pm Strength Fit		

BJJ CLASSES

6.30pm – 8.00pm BJJ		6.30pm – 8.00pm BJJ	5.30pm – 7.00pm BJJ – No Gi	
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www.phoenixgym.com.au or enquiries: info@phoenixgym.com.au or 6241 2402