

PHOENIX MUAY THAI, BOXING & FITNESS

From Monday 22 January 2018

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

Staffed Hours

Mon – Thurs: 1.00 – 8.30

Fri: 3.00 – 7.00, Sat: 8.00 – 2.00



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 | 5:30pm – 6:30pm Muay Thai Kickboxing Beginner/ TTFU™ | 5:30pm – 6:30pm Muay Thai Kickboxing Beginner | 5:30pm – 6:30pm Muay Thai Kickboxing Beginner/ TTFU™ | 5:30pm – 6:30pm Muay Thai 12 x 3 mins | 10:00am – 12:00pm FIGHT CLUB SPARRING Level 1+ |
| 5:30pm – 6:30pm Muay Thai Kickboxing TTFU™ + Development Class | 5:30pm – 6:30pm Muay Thai Thai Pad Training Intermediate Level 1+ | 5:30pm – 6:30pm Muay Thai Kickboxing TTFU™ + Development Class | 5:30pm – 6:30pm Muay Thai Partner & Pad Work Intermediate Level 1+ | A 12 round skill & fitness workout for all levels. | 12:00pm – 1:00pm Muay Thai TTFU™ + (+ 30 Min Sparring) |
| 6:30pm – 7:30pm Muay Thai Kickboxing Intermediate Level 1+ (+30 Min Sparring) | 6:30pm – 7:30pm Muay Thai Bag Work Workout All Levels (Skill & Fitness) | 6:30pm – 7:30pm Muay Thai Kickboxing Beginner/ TTFU™ | 6:30pm – 8:30pm Muay Thai Kickboxing Advanced Level 2+ | | 12:00pm – 1:00pm Muay Thai Kickboxing Beginner |
| 6:35pm – 7:30pm Fighting Fit™ Fitness & Conditioning (Min 8 MT classes) (Bookings – Max 16) | 6:30pm – 8:30pm Muay Thai Kickboxing Advanced Level 2+ or invite | 6:30pm – 7:30pm Muay Thai Kickboxing Intermediate Level 1+ (+ 30 Min Sparring) | | 24 Hour Access Available – See Reception to Apply Now | |
| 7:30pm – 8:30pm Muay Thai Kickboxing Beginner | | (People are welcome to join in at 7:30pm if warmed up) | | | |

BOXING CLASSES

(Authentic Boxing with great skill & fitness training suitable for beginner and future world champions)

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|---|---|---|--|--|--|
| 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 | 1:00pm – 2:00pm Boxing Beginner/ TTFU™ |
| | | | 7:30pm – 8:30pm Boxing Intermediate Level 1+ | A 12 round skill & fitness workout for all levels. | 2:00pm – 3:00pm Boxing Sparring Level 1+ or invite |

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)

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|--|--|--|--|--|--|
| 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 Grunt Fit Strength & Conditioning (Bookings – Max 8) | 5.40pm – 6.20pm Grunt Fit High Intensity (Bookings – Max 8) | 5.35pm – 6.25pm Grunt Fit Strength & Conditioning (Bookings – Max 8) | 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 – 7:30pm Fighting Fit™ Fitness & Conditioning (Min 8 MT classes) (Bookings – Max 16) | 6:35pm – 7.25pm Strength Fit (Min 8 Grunt Fit) (Bookings – Max 14) | 6:35pm – 7.25pm Fight Team Conditioning (Fighters & Invite Only) | 6:35pm – 7.25pm Strength Fit (Min 8 Grunt Fit) (Bookings – Max 14) | | |
| | 7.30pm – 8.00pm Stretch Fit | | 7.30pm – 8.00pm Stretch Fit | | |

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 1300 GO PHOENIX