

# PHOENIX MUAY THAI, BOXING & FITNESS

From: Monday 26 March 2018

Claim a free trial at: [www.phoenixgym.com.au](http://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
<b>5:30pm – 6:30pm</b> Muay Thai Kickboxing Beginner	<b>5:30pm – 6:30pm</b> Muay Thai Kickboxing Beginner/ TTFU™	<b>5:30pm – 6:30pm</b> Muay Thai Kickboxing Beginner	<b>5:30pm – 6:30pm</b> Muay Thai Kickboxing Beginner/ TTFU™	<b>5:30pm – 6:30pm</b> Muay Thai 12 x 3 mins	<b>10:00am – 12:00pm</b> FIGHT CLUB SPARRING Level 1+
<b>5:30pm – 6:30pm</b> Muay Thai Kickboxing TTFU™ + Development Class	<b>5:30pm – 6:30pm</b> Muay Thai Thai Pad Training Intermediate Level 1+	<b>5:30pm – 6:30pm</b> Muay Thai Kickboxing TTFU™ + Development Class	<b>5:30pm – 6:30pm</b> Muay Thai Partner & Pad Work Intermediate Level 1-2	skill & fitness workout for all levels.	<b>12:00pm – 1.00pm</b> Muay Thai TTFU™ + (+ 30 Min Sparring)
<b>6:30pm – 7:30pm</b> Muay Thai Kickboxing Intermediate Level 1+	<b>6:30pm – 7:30pm</b> Muay Thai Bag Work Workout All Levels (Skill & Fitness)	<b>6:30pm – 7:30pm</b> Muay Thai Kickboxing Beginner/ TTFU™	<b>6:30pm – 8.00pm</b> Muay Thai Kickboxing Advanced Level 2+ (Short/intense drills + then whiteboard or own training)		<b>12:00pm – 1:00pm</b> Muay Thai Kickboxing Beginner
<b>From 6:30pm</b> FIGHTERS ONLY	<b>6:30pm – 8:30pm</b> Muay Thai Kickboxing Advanced Level 2+ or invite	<b>6:30pm – 7:30pm</b> Muay Thai Kickboxing Intermediate Level 1+	<b>6:30pm – 8:30pm</b> FIGHTERS ONLY	<b>24 Hour Access Available – See Reception to Apply Now</b>	
<b>7.30pm – 8.30pm</b> Muay Thai Kickboxing Beginner		<b>7.30pm – 8.30pm</b> Sparring Level 1+			

## BOXING CLASSES

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

<b>7:30pm – 8:30pm</b> Boxing Beginner	<b>7:30pm – 8:30pm</b> Boxing Intermediate TTFU™ +	<b>7:30pm – 8:30pm</b> Boxing Beginner	<b>6.30pm – 7:30pm</b> Boxing Beginner	<b>5.30pm – 6:30pm</b> Boxing 12 x 3mins	<b>1.00pm – 2.00pm</b> Boxing Beginner/ TTFU™
			<b>7:30pm – 8:30pm</b> Boxing Intermediate Level 1+	A 12 round skill & fitness workout for all levels.	<b>2.00pm – 3.00pm</b> 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)

<b>6:05am – 6:55am *</b> Wake Up Workout	<b>6:05am – 6:55am *</b> Wake Up Workout	<b>6:05am – 6:55am *</b> Wake Up Workout	<b>6:05am – 6:55am *</b> Wake Up Workout		<b>8.30am – 9.30am *</b> Fighting Fit™ Fitness & Conditioning (Min 4 MT classes)
<b>4.45pm – 5.25pm</b> Express Fitness	<b>4.45pm – 5.25pm</b> Express Fitness	<b>4.45pm – 5.25pm</b> Express Fitness	<b>4.45pm – 5.25pm</b> Express Fitness	<b>4.45pm – 5.25pm</b> Express Fitness	
<b>5.35pm – 6.25pm</b> Grunt Fit Beginner Fitness development	<b>5.40pm – 6.20pm</b> Grunt Fit High Intensity (Bookings – Max 8)	<b>5.35pm – 6.25pm</b> Dragon Fit A class for Dragons to build fitness (12-17 years)	<b>5.35pm – 6.25pm</b> Grunt Fit Intermediate Level 1+ or invite	<b>PERSONAL TRAINING AVAILABLE – ALL PROGRAMS (1-1, WITH A BUDDY OR IN SMALL GROUPS)</b>	
<b>6:35pm – 7:30pm</b> Fighting Fit™ Fitness & Conditioning (Min 4 MT classes)	<b>6.35pm – 7.25pm</b> Strength Fit	<b>6.35pm – 7.25pm</b> Fighting Fit (Int) & Fight Team Conditioning (Fighters/Invite/L2 + Only)	<b>6.35pm – 7.25pm</b> Strength 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](http://www.phoenixgym.com.au) or enquiries: [info@phoenixgym.com.au](mailto:info@phoenixgym.com.au) or 1300 GO PHOENIX