



YOUR GUIDE TO PHOENIX SESSIONS – 15 Feb 2018

If you have any questions – please ASK. The coaches are here for your development.

Phoenix is one club, one team with one vision.

DEVELOP THE FIGHTER IN YOU

1300 GO PHOENIX

MUAY THAI KICKBOXING PROGRAM (BEGINNER SESSIONS): Suitable for NEW MEMBERS and beginners up to and including Level 1. These sessions are fitness and skill sessions where you practice both offensive and defensive aspects of Muay Thai Kickboxing. Most people do Muay Thai because it is the best workout you can get but it also the most practical self defence and fighting system in the world. Classes are conducted in a disciplined, safe, positive and controlled environment. Phoenix is a modern, graded and organised system that will ensure your fitness and skills improve and that you learn authentic and practical skills. Classes include technique practice, partner work, shield work, bag work and general free body fitness drills. All Phoenix classes are coached by people with extensive experience at Muay Thai, who have extensive competition experience and many years dedication to the sport and Phoenix. Some class descriptions:

- **BEGINNER CLASSES:** Suitable for first timers to get started up to people graded to Level 1. Includes Bag Work class and Pad Work class. This is the most popular class we do.
- **TTFU:** This is the first graded level and classes are focused on building your partner work and defensive skills to be ready for Intermediate Level 1.
- **BAG WORK & FIGHTING FIT:** These is an action-packed classes combining output orientated striking with fitness and conditioning exercises to ensure massive heart rate spikes.
- **GRADED CLASSES - DEVELOPMENT & INTERMEDIATE.** You must be graded to the appropriate level to attend or be invited. You should also attend the level of class you are graded to! To learn more about grading – ASK a coach, read the information booklet and grading posters located in the gym. First graded level is TTFU then you move to Level 1.
- **FIGHT CLUB.** One of our sparring classes, by invitation or graded level only.
- **12 - 3's.** This is a 12 round workout based on doing 12 by 3 minute rounds of skill and fitness work, on the buzzer, ready to go and keep going. A great output and practice session.
- **Pad Work** – Do a class on just Thai pads and have an awesome workout and develop great skills at the same time!

BOXING SESSIONS: Suitable for all levels on a Monday, Wednesday, Thursday and Saturday. Tuesday is an intermediate class suitable for people graded to TTFU or by invite only. Thursday at 7:30pm is an Intermediate class for Level 1 and above. Boxing is the core basic of all fighting and is essential for all fighting skills so it is a great base or addition to any other class. Phoenix Boxing is great for your fitness and self defence and can turn you into a real boxer if you want to or just do it for great a great workout with a purpose. Most people do boxing because it is great fun, great stress release and a really good work out. Saturday from 2:00pm is sparring for TTFU + or invite.

FITNESS TRAINING. Everything we do at Phoenix is fitness training. Fitness with a purpose! Most people train for the fitness and everyone does the classes they prefer. Fitness specific classes offer extra conditioning for our martial classes but also an alternative for people wanting fitness only classes, a great work and something different in their training and lifestyles. Please refer to the fitness schedule for the fitness class times and activities. The fitness classes are high performance fitness for everyone. The fitness system also has a graded developmental program to measure your progress and challenge you. Our fitness is unique, fun, challenging and always has incredible variety. It is effective and results driven.

COMBAT SPORTS & MARTIAL ARTS is the main aspect of Phoenix. Everything we do is designed to build a base as a part of a larger system of personal health and character development. Physical Combat is everything associated with self defence and fighting skills and that's what we do at Phoenix. If we thought something was better than what we do, we would do it. Everything from open hand self defence to weapon fighting must start with a base and an ability to understand combat emotionally and physically. Even your fitness needs to prepare you for action and stress so we have included everything in your membership. We work as a team and are here to start you on and continue your path as a lifestyle choice to health, fitness and character development.

PERSONAL TRAINING IS AVAILABLE AT ANY PROGRAM TO PROGRESS FASTER, LEARN FASTER OR JUST TO GET YOU STARTED FOR CLASS PARTICIPATION.

100% TESTED ON HUMANS - FORGET WHAT YOU THINK GYMS ARE LIKE – PHOENIX IS REMARKABLE