

# PHOENIX MUAYTHAI, BOXING & FITNESS

From: Monday 3 Sep 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



## MUAYTHAI 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
<p><b>5:30pm – 6:30pm</b></p> <p><b>Muay Thai Development Class</b> Suitable for people graded to TTFU</p>	<p><b>5:30pm – 6:30pm</b></p> <p><b>Beginner - TTFU</b> Muay Thai Skill &amp; Fitness</p> <hr/> <p><b>5:30pm – 6:30pm</b></p> <p><b>Intermediate Level 1-2</b> Muay Thai Pad Work Workout</p>	<p><b>5:30pm – 6:30pm</b></p> <p><b>Muay Thai Development Class</b> Suitable for People graded to TTFU</p>	<p><b>5:30pm – 6:30pm</b></p> <p><b>Beginner - TTFU</b> Muay Thai Skill &amp; Fitness</p> <hr/> <p><b>5:30pm – 6:30pm</b></p> <p><b>Intermediate Level 1-2</b> Muay Thai Partner &amp; Pad Work</p>	<p><b>5:30pm – 6:30pm</b></p> <p><b>Muay Thai</b> 12 x 3 mins</p> <p>Skill &amp; fitness workout for all levels</p>	<p><b>10:00am – 12:00pm</b></p> <p><b>FIGHT CLUB SPARRING CLASS</b> Level 1+</p> <hr/> <p><b>12:00pm – 1:00pm</b></p> <p><b>Beginner - TTFU</b> Muay Thai Skill &amp; Fitness</p>
<p><b>6.30pm – 7.30pm</b></p> <p><b>Beginner Muay Thai</b> Skill &amp; Fitness</p>	<p><b>6:30pm – 7:30pm</b></p> <p><b>Bag Work Workout</b> Skill &amp; fitness workout Suitable for all level's</p>	<p><b>6.30pm – 7.30pm</b></p> <p><b>Beginner Muay Thai</b> Skill &amp; Fitness</p>			<p><b>12.00pm – 1.30pm</b></p> <p><b>Dev - Intermediate</b> Muay Thai TTFU – Level 1</p>
<p><b>6:30pm – 7:30pm</b></p> <p><b>Intermediate Muay Thai</b> Level 1-2</p>	<p><b>6:30pm – 8:30pm</b></p> <p><b>Advanced Muay Thai</b> Level 2+ or invite</p>	<p><b>6:30pm – 7:30pm</b></p> <p><b>Intermediate Muay Thai</b> Level 1-2</p>	<p><b>6:30pm – 8.30pm</b></p> <p><b>Advanced Muay Thai</b> Level 2+ or invite</p>	<p><b>PERSONAL TRAINING AVAILABLE – ALL PROGRAMS (1-1, WITH A BUDDY OR IN SMALL GROUPS)</b></p>	
<p><b>7.30pm – 8.30pm</b></p> <p><b>Beginner Boxing for Muay Thai</b></p>		<p><b>7.30pm – 8.30pm</b></p> <p><b>Sparring</b> Level 1+ or invite</p>			

## BOXING CLASSES

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

		<p><b>6.30pm – 7:30pm</b></p> <p><b>Ringcraft</b> Boxing - Level 1+</p>	<p><b>6.30pm – 7:30pm</b></p> <p><b>Beginner</b> Boxing</p>	<p><b>5.30pm – 6:30pm</b></p> <p><b>Boxing Sparring</b> Level 1+ or invite</p>	<p><b>1.00pm – 2.00pm</b></p> <p><b>Beginner</b> Boxing</p>
<p><b>7:30pm – 8:30pm</b></p> <p><b>Beginner</b> Boxing</p>	<p><b>7:30pm – 8:30pm</b></p> <p><b>Intermediate</b> Boxing – TTFU+</p>	<p><b>7:30pm – 8:30pm</b></p> <p><b>Beginner</b> Boxing</p>	<p><b>7:30pm – 8:30pm</b></p> <p><b>Intermediate</b> Boxing - Level 1+</p>		<p><b>2.00pm – 3.00pm</b></p> <p><b>Intermediate</b> Boxing - Level 1+</p>

## PHOENIX 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)

	<p><b>6:05am – 6:55am *</b></p> <p><b>Fighting Fit</b> Wake up with a HIT Everyone welcome</p>		<p><b>6:05am – 6:55am *</b></p> <p><b>Fighting Fit</b> Wake up with a HIT Everyone welcome</p>		<p><b>8.30am – 9.30am *</b></p> <p><b>Fighting Fit™</b> Fitness &amp; Conditioning (Min 4 MT classes)</p>
	<p><b>4.05pm – 4:40pm</b></p> <p><b>Express Fitness</b> (School Term Only)</p>		<p><b>4.05pm – 4:40pm</b></p> <p><b>Express Fitness</b> (School Term Only)</p>		
<p><b>4.45pm – 5.25pm</b></p> <p><b>Express Fitness</b></p>	<p><b>4.45pm – 5.25pm</b></p> <p><b>Express Fitness</b></p>	<p><b>4.45pm – 5.25pm</b></p> <p><b>Express Fitness</b></p>	<p><b>4.45pm – 5.25pm</b></p> <p><b>Express Fitness</b></p>	<p><b>4.45pm – 5.25pm</b></p> <p><b>Express Fitness</b></p>	
	<p><b>5:45pm – 6:20pm</b></p> <p><b>Grunt Fit - HIT</b> Sled Smash</p>			<p><b>Get your 24hr Phoenix Access Card</b></p>	
<p><b>6:35pm – 7:25pm</b></p> <p><b>Fighting Fit™</b> Fitness &amp; Conditioning (Min 4 MT classes)</p>	<p><b>6.35pm – 7.25pm</b></p> <p><b>Strength Fit</b></p>	<p><b>6.35pm – 7.25pm</b></p> <p><b>Fighting Fit™</b> Fitness &amp; Conditioning (Min 4 MT classes)</p>	<p><b>6.35pm – 7.25pm</b></p> <p><b>Strength Fit</b></p>		

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

More experience, more classes, more coaches, with 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