

PHOENIX MUAYTHAI, BOXING & FITNESS

From: Monday 15 Oct 2018

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

Staffed Hours

Mon – Thurs: 1.00 – 8.30

Fri: 3.00 – 7.00, Sat: 10.00 – 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>5:30pm – 6:30pm</p> <p>Muay Thai Development Class Suitable for people graded to TTFU+</p>	<p>5:30pm – 6:30pm Beginner - TTFU Muay Thai Skill & Fitness</p> <p>5:30pm – 6:30pm Intermediate Level 1-2 Muay Thai Pad Work Workout</p>	<p>5:30pm – 6:30pm</p> <p>Muay Thai Development Class Suitable for People graded to TTFU+</p>	<p>5:30pm – 6:30pm Beginner - TTFU Muay Thai Skill & Fitness</p> <p>5:30pm – 6:30pm Intermediate Level 1-2 Muay Thai Partner & Pad Work</p>	<p>5:30pm – 6:30pm</p> <p>Muay Thai 12 x 3 mins</p> <p>Skill & fitness workout for all levels</p>	<p>10:00am – 12:00pm FIGHT CLUB SPARRING CLASS Level 1+</p> <p>12:00pm – 1:00pm Beginner - TTFU Muay Thai Skill & Fitness</p>
<p>6:30pm – 7:30pm Beginner - TTFU Muay Thai Skill & Fitness</p>	<p>6:30pm – 7:30pm Bag Work Workout Skill & fitness workout Suitable for everyone</p>	<p>6:30pm – 7:30pm Beginner - TTFU Muay Thai Skill & Fitness</p>			<p>12:00pm – 1:00pm Dev - Intermediate Muay Thai TTFU – Level 1 (+ 30 min sparring)</p>
<p>6:30pm – 7:30pm Intermediate Muay Thai Level 1+</p> <p>plus 30 MIN EXTENSION Sparring/clinching</p>	<p>6:30pm – 8:30pm Advanced Muay Thai Level 2+ or invite</p>	<p>6:30pm – 7:30pm Intermediate Muay Thai Level 1+</p> <p>7:30pm – 8:30pm Sparring Level 1+</p>	<p>6:30pm – 8:30pm Advanced Muay Thai Level 2+ or invite</p>	<p>PERSONAL TRAINING AVAILABLE – ALL PROGRAMS</p> <p>(1-1, WITH A BUDDY OR IN SMALL GROUPS)</p>	

BOXING CLASSES

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

		<p>6:30pm – 7:30pm Ringcraft Boxing - Level 1+</p>	<p>6:30pm – 7:30pm Beginner Boxing</p>	<p>5:30pm – 6:30pm Boxing Sparring Level 1+ or invite</p>	<p>1:00pm – 2:00pm Beginner Boxing</p>
<p>7:30pm – 8:30pm Beginner Boxing</p>	<p>7:30pm – 8:30pm Intermediate Boxing – TTFU+</p>	<p>7:30pm – 8:30pm Beginner Boxing</p>	<p>7:30pm – 8:30pm Intermediate Boxing - Level 1+</p>		<p>2:00pm – 3:00pm Intermediate 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>6:05am – 6:55am * Fighting Fit Wake up with a HIT Everyone welcome</p>		<p>6:05am – 6:55am * Fighting Fit Wake up with a HIT Everyone welcome</p>		<p>8.30am – 9.30am * Fighting Fit™ Fitness & Conditioning (Min 4 MT classes)</p>
	<p>4.00pm – 4.40pm Express Fitness (School Term Only)</p>			<p>Beginner Boxing for Muay Thai</p>	
<p>4.45pm – 5.25pm Express Fitness</p>	<p>4.45pm – 5.25pm Express Fitness</p>	<p>4.45pm – 5.25pm Express Fitness</p>	<p>4.45pm – 5.25pm Express Fitness</p>	<p>4.45pm – 5.25pm Express Fitness</p>	
<p>6:35pm – 7:25pm Fighting Fit™ Fitness & Conditioning (Min 4 MT classes)</p>	<p>6:35pm – 7:25pm Strength Fit</p>	<p>6:35pm – 7:25pm Fighting Fit™ Fitness & Conditioning (Min 4 MT classes)</p>	<p>6:35pm – 7:25pm Strength Fit</p>	<p>Get your 24hr Phoenix Access Card</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 or enquiries: info@phoenixgym.com.au or 1300 GO PHOENIX