

# PHOENIX MUAYTHAI, BOXING & FITNESS

From: Monday 15 Oct 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: 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
<b>5:30pm – 6:30pm</b>  <b>Muay Thai Development Class</b> Suitable for people graded to TTFU+	<b>5:30pm – 6:30pm</b> <b>Beginner - TTFU</b> Muay Thai Skill & Fitness  <b>5:30pm – 6:30pm</b> <b>Intermediate Level 1-2</b> Muay Thai Pad Work Workout	<b>5:30pm – 6:30pm</b>  <b>Muay Thai Development Class</b> Suitable for People graded to TTFU+	<b>5:30pm – 6:30pm</b> <b>Beginner - TTFU</b> Muay Thai Skill & Fitness  <b>5:30pm – 6:30pm</b> <b>Intermediate Level 1-2</b> Muay Thai Partner & Pad Work	<b>5:30pm – 6:30pm</b>  <b>Muay Thai</b> 12 x 3 mins  Skill & fitness workout for all levels	<b>10:00am – 12:00pm</b> <b>FIGHT CLUB SPARRING CLASS</b> Level 1+  <b>12:00pm – 1:00pm</b> <b>Beginner - TTFU</b> Muay Thai Skill & Fitness
<b>6:30pm – 7:30pm</b> <b>Beginner - TTFU</b> Muay Thai Skill & Fitness	<b>6:30pm – 7:30pm</b> <b>Bag Work Workout</b> Skill & fitness workout Suitable for everyone	<b>6:30pm – 7:30pm</b> <b>Beginner - TTFU</b> Muay Thai Skill & Fitness			<b>12:00pm – 1:00pm</b> <b>Dev - Intermediate</b> Muay Thai TTFU – Level 1 (+ 30 min sparring)
<b>6:30pm – 7:30pm</b> <b>Intermediate Muay Thai</b> Level 1+  <b>plus</b> 30 MIN EXTENSION Sparring/clinching	<b>6:30pm – 8:30pm</b> <b>Advanced Muay Thai</b> Level 2+ or invite	<b>6:30pm – 7:30pm</b> <b>Intermediate Muay Thai</b> Level 1+  <b>7:30pm – 8:30pm</b> <b>Sparring</b> Level 1+	<b>6:30pm – 8:30pm</b> <b>Advanced Muay Thai</b> Level 2+ or invite	<b>PERSONAL TRAINING AVAILABLE – ALL PROGRAMS</b>  <b>(1-1, WITH A BUDDY OR IN SMALL GROUPS)</b>	

## BOXING CLASSES

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

		<b>6:30pm – 7:30pm</b> Ringcraft Boxing - Level 1+	<b>6:30pm – 7:30pm</b> Beginner Boxing	<b>5:30pm – 6:30pm</b> Boxing Sparring Level 1+ or invite	<b>1:00pm – 2:00pm</b> Beginner Boxing
<b>7:30pm – 8:30pm</b> Beginner Boxing	<b>7:30pm – 8:30pm</b> Intermediate Boxing – TTFU+	<b>7:30pm – 8:30pm</b> Beginner Boxing	<b>7:30pm – 8:30pm</b> Intermediate Boxing - Level 1+		<b>2:00pm – 3:00pm</b> Intermediate Boxing - Level 1+

## 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)

	<b>6:05am – 6:55am *</b> <b>Fighting Fit</b> Wake up with a HIT Everyone welcome		<b>6:05am – 6:55am *</b> <b>Fighting Fit</b> Wake up with a HIT Everyone welcome		<b>8.30am – 9.30am *</b> <b>Fighting Fit™</b> Fitness & Conditioning (Min 4 MT classes)
	<b>4:00pm – 4:40pm</b> <b>Express Fitness</b> (School Term Only)				
<b>4:45pm – 5:25pm</b> <b>Express Fitness</b>	<b>4:45pm – 5:25pm</b> <b>Express Fitness</b>	<b>4:45pm – 5:25pm</b> <b>Express Fitness</b>	<b>4:45pm – 5:25pm</b> <b>Express Fitness</b>	<b>4:45pm – 5:25pm</b> <b>Express Fitness</b>	
<b>6:35pm – 7:25pm</b> <b>Fighting Fit™</b> Fitness & Conditioning (Min 4 MT classes)	<b>6:35pm – 7:25pm</b> <b>Strength Fit</b>	<b>6:35pm – 7:25pm</b> <b>Fighting Fit™</b> Fitness & Conditioning (Min 4 MT classes)	<b>6:35pm – 7:25pm</b> <b>Strength Fit</b>	<b>Get your 24hr Phoenix Access Card</b>	

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