



YOUR GUIDE TO PHOENIX SESSIONS – 14 January 2019

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 – We teach everyone to be a champion – what you do with it is up to you! 95% of people do it for fun and fitness. Everyone is given expert coaching with no pressure to compete, only to challenge yourself.

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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. You can get stronger with STRENGTH FIT, fitter and tougher with FIGHTING FIT or do a great general circuit workout with Express Fit. Beginner Muaythai classes are fitness and skill sessions so you get fit learning Muaythai and get a great workout. Fitness specific classes offer extra conditioning for our programs, 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 offers a grading system to measure your progress, challenge, and reward you. Our fitness is unique, fun, challenging and always has incredible variety. It is effective, no nonsense and results (endorphin) driven. **Fighting Fit** is a combination of Muaythai and Fitness classes with the emphasis on the fitness side over technique or partner training.

MUAYTHAI 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 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. Classes include skill and fitness training with a perfect balance between learning, development, and challenges. Includes classes like: General Muaythai Beginner classes, Fighting Fit, and All Level classes.
- **TTFU - Development Class.** This is the first graded level and classes are focused on building your partner work, defensive skills, and fitness to be ready for Intermediate Level 1.
- **ALL LEVEL MUAY THAI / FIGHTING FIT:** These are action-packed classes combining output orientated striking, with fitness and conditioning exercises to ensure massive heart rate spikes. Perfect workouts with skill, fitness, and conditioning like you have never felt or achieved.
- **PAD WORK –** Do a class on just Thai pads and have an awesome workout and develop great skills at the same time (Level 1 and above)!
- **GRADED CLASSES – DEVELOPMENT, INTERMEDIATE & ADVANCE.** 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 Level 1.
- **SPARRING & FIGHT CLUB.** Graded level only.

BOXING SESSIONS: Suitable for all levels on a Monday, Tuesday, Wednesday, Thursday and Saturday. 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. Do boxing at a Boxing gym and learn why the fitness industry tries to mimic it.

Phoenix is a martial art and fitness club. We have awesome fitness and the best fighting systems in the world to participate in, practice and master. For beginners who just want to have fun getting fit and learning a skill through to serious professional athletes; Phoenix is home to everyone that wants effective real training in a respectful, disciplined and professional training environment. For kids from 5 years to adults of any age; Phoenix has over 20 years' experience at delivering world class programs.

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 – THINK PHOENIX