

PHOENIX – A better way to live.

From: Monday 14 January 2019

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



PHOENIX 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 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 Muay Thai Pad Work Workout</p> | <p>5:30pm – 6:30pm</p> <p>Muay Thai All Levels Skill & Fitness</p> | <p>10:00am – 12:00pm FIGHT CLUB SPARRING CLASS Level 1+</p> <p>12:00pm – 1:00pm Beginner - Intermediate Muay Thai</p> <p>Plus 30 Min Extension Sparring/Clinching (TTFU and above)</p> |
| <p>6:30pm – 7:30pm Beginner - TTFU Muay Thai Skill & Fitness</p> | <p>6:30pm – 8:30pm Intermediate - Advanced Muay Thai Level 2+</p> <p>Includes Drills/Padwork/Sparring/Clinching/Conditioning</p> | <p>6:30pm – 7:30pm Beginner - TTFU Muay Thai Skill & Fitness</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 Intermediate Muay Thai Level 1+</p> <p>Includes Drills/Padwork/Sparring/Clinching/Conditioning</p> | <p>PERSONAL TRAINING AVAILABLE</p> <p>*** 30 or 45 min sessions ***</p> | |
| <p>6:30pm – 7:30pm Intermediate Muay Thai Level 1+</p> <p>Plus 30 Min Extension Sparring/Clinching</p> | | | | | |

PHOENIX BOXING CLASSES

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

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|---|---|---|--|--|--|
| | <p>6.30pm – 7:30pm Beginner Boxing</p> | | <p>6.30pm – 7:30pm Beginner Boxing</p> | | <p>1.00pm – 2.00pm Beginner Boxing</p> |
| <p>7:30pm – 8:30pm Beginner Boxing</p> | <p>7:30pm – 8:30pm TTFU+ / Intermediate Boxing</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.)

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|---|--|---|--|---|--|
| | <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</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>5.35pm – 6.25pm 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>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 access CARD NOW</p> | |

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

More experience, more classes, more coaches, with world class facilities and programs!

www.phoenixgym.com.au or enquiries: info@phoenixgym.com.au or 1300GOPHOENIX

100% TESTED ON HUMANS