

# PHOENIX – Remarkable Different

From: Friday 2 August 2019

Claim a free trial at: [www.phoenixgym.com.au](http://www.phoenixgym.com.au)

Staffed & Shop Hours

Mon – Thurs: 1.00 – 8.00

Fri: 3.00 – 7.00, Sat: 10.00 – 2.00



Membership includes ALL classes and programs!

## PHOENIX MUAYTHAI, FITNESS & MMA PROGRAM

(Over 22 years' experience developing ordinary people into champions) – 20+ classes a week to choose from!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11:00am – 12:30pm</b> Sparring Start Your Week With Some Hitting! And Getting Hit!		<b>11:00am – 12:30pm</b> Fighter Training Drills, Partner Work, Conditioning & More!			<b>10:00am – 11:00am</b> Beginner Muay Thai Skill & Fitness
	<b>5:30pm – 6:30pm</b> Beginner Muay Thai Skill & Fitness	<b>5:30pm – 6:30pm</b> MMA Grappling & Striking Skill & Fitness All Levels Welcome	<b>5:30pm – 6:30pm</b> Beginner Muay Thai Skill & Fitness	<b>5:30pm – 6:30pm</b> MMA Grappling & Striking Skill & Fitness All Levels Welcome	<b>10:00am – 11:00am</b> Muay Thai TTFU - Level 1 (+ 30 Min Optional Learn to Spar)
<b>5:30pm – 6:30pm</b> Muay Thai Development Class Suitable for People Graded to TTFU	<b>5:30pm – 6:30pm</b> Intermediate Muay Thai Pad Work Workout Level 1 and Above	<b>5:30pm – 6:30pm</b> Muay Thai Development Class Suitable for People Graded to TTFU	<b>5:30pm – 6:30pm</b> Intermediate Muay Thai Pad Work Workout Level 1 and Above		<b>10:00am – 12:00pm</b> Advanced Muay Thai Level 1/2/3/4/5 Drills, Sparring, Fun
<b>6:30pm – 7:30pm</b> Beginner Muay Thai Skill & Fitness	<b>6:30pm – 7:30pm</b> Intermediate Muay Thai Level 1 & Above	<b>6:30pm – 7:30pm</b> Beginner Muay Thai Skill & Fitness	<b>6:30pm – 7:30pm</b> Intermediate Muay Thai Level 1 & Above		
<b>6:30pm – 7:30pm</b> Intermediate Muay Thai Level 1 & Above  <b>Plus</b> 30 min Extension Sparring/Clinching	<b>7:30pm – 8:30pm</b> <b>FIGHT CLUB</b> Level 2 or Invite (6:30pm Class Compulsory)	<b>6:30pm – 7:30pm</b> Intermediate Muay Thai Level 1 & Above  <b>Plus</b> 30 min Extension Sparring / Clinching	<b>7:30pm – 8:30pm</b> <b>FIGHT CLUB</b> Level 2 or Invite (6:30pm Class Compulsory)	<b>PERSONAL TRAINING</b> "Pad Work" <b>AVAILABLE</b> <b>** 30 or 45 minute sessions **</b>	

## PHOENIX BOXING & FITNESS PROGRAM

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

	<b>6:30pm – 7:30pm</b> Beginner Boxing		<b>6:30pm – 7:30pm</b> Beginner Boxing	<b>5:30pm – 6:30pm</b> <b>BOXING CLUB</b> Own Training For Boxers To Meet Up & Hit Each Other To Practice	<b>1:00pm – 2:00pm</b> Beginner Boxing
<b>7:30pm – 8:30pm</b> Boxing Skill & Fitness	<b>7:30pm – 8:30pm</b> TTFU / Intermediate Boxing	<b>7:30pm – 8:30pm</b> Beginner Boxing	<b>7:30pm – 8:30pm</b> TTFU / Intermediate Boxing		<b>2:00pm – 3:00pm</b> Intermediate Boxing – Level 1 and Above

## PHOENIX FITNESS & CONDITIONING PROGRAM

High performance training for the everyday athlete – 14 Fitness classes for you to choose from per week.

\* (To do a morning class, you must be a member first. Please come in and join during staffed hours.)

<b>4.45pm – 5.25pm</b> Express Fitness A Circuit Workout	<b>6:05am – 6:55am *</b> Wake Up Workout Wake up with a HIT Everyone Welcome	<b>4.45pm – 5.25pm</b> Express Fitness A Circuit Workout	<b>6:05am – 6:55am *</b> Wake Up Workout Wake up with a HIT Everyone Welcome	<b>4.45pm – 5.25pm</b> Express Fitness A Circuit Workout	<b>8.30am – 9.30am *</b> Fighting Fit™ Challenging Fitness & Conditioning
<b>5:35pm – 6:25pm</b> Fighting Fit™ Fitness & Conditioning	<b>4.45pm – 5.25pm</b> Express Fitness A Circuit Workout	<b>5:35pm – 6:25pm</b> Kid Fit™ Fitness & Conditioning (10-16 Year Old's)	<b>4.45pm – 5.25pm</b> Express Fitness A Circuit Workout		<b>12.00pm – 1.00pm</b> Strength Fit A Weekend Lift
<b>6.35pm – 7.15pm</b> Cardio Fit™ The Basis Of Life – Breathing!	<b>6.35pm – 7.25pm</b> Strength Fit™ Get Stronger!	<b>6.35pm – 7.25pm</b> Fighting Fit™ Fitness & Conditioning	<b>6.35pm – 7.25pm</b> Strength Fit™ Get Stronger!	<b>PT Available For Any Fitness Needs</b>	

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

More experience, more classes, more coaches, more variety, 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 1300GOPHOENIX

**100% TESTED ON HUMANS®**