

PHOENIX TIMETABLE

From: Monday 11 January 2021



Reception & Shop Hours

Mon – Thurs: 1.00pm – 8:00pm

Fri: 4.00pm – 7:00pm

Sat: 9.00am – 1.00pm



Own training is available for ALL members during opening hours.
Please be early for ALL classes > no warm-up no train!
24hr access is available on request – please ask at reception.

PHOENIX MARTIAL ARTS, MUAYTHAI, BOXING & FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05am MORNING Classes* (you must be a member first – please join during opening hours*)					
	6:05am – 6:55am * Grunt Fit Wake Up Workout		6:05am – 6:55am * Grunt Fit Wake Up Workout		8.20am – 9.30am * Grunt Fit Intense
4:40pm FITNESS Classes					9.30am – 10.30am Muaythai All Levels
4:40pm – 5:25pm Grunt Fit Express	4:40pm – 5:25pm Grunt Fit Express	4:40pm – 5:25pm Grunt Fit Express	4:40pm – 5:25pm Grunt Fit Express	4:40pm – 5:25pm Grunt Fit Express	
5:30pm Classes					
5:30pm – 6:25pm Muaythai Beginner Skill & Fitness	5:30pm – 6:25pm Muaythai Beginner Skill & Fitness	5:30pm – 6:25pm Muaythai Beginner Skill & Fitness	5:30pm – 6:25pm Muaythai Beginner Skill & Fitness		9.30am – 10.30am Boxing Skill & Fitness (+30 Min for sparring development)
5:30pm – 6:25pm Muaythai Development Class Graded to TTFU+	5:30pm – 6:25pm Muaythai Padwork Workout Level 1+	5:30pm – 6:25pm Muaythai Development Class Graded to TTFU+	5:30pm – 6:25pm Muaythai Padwork Workout Level 1+	5:30pm–6:25pm Muaythai Freaky Friday!	10:00am Turn Up-Warm Up 10.30am – 12.00pm FIGHT CLUB (Sparring) Muaythai / Boxing Level 1+
6:30pm Classes					
6:30pm – 7:25pm Muaythai 4 Fitness Beginner > All	6:30pm – 7:25pm Muaythai Beginner Skill & Fitness	6:30pm – 7:25pm Muaythai 4 Fitness Beginner > All	6:30pm – 7:25pm Muaythai Beginner > Level 1 Padwork / Bagwork		
6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above (+ 30 min supervised casual sparring)	6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above	6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above (+ 30 min supervised casual sparring)	6:30pm – 8:30pm Muaythai Intermediate Level 1 & Above		PERSONAL TRAINING AVAILABLE Please enquire at reception or ask a coach
		6:40pm – 7:20pm Grunt Fit Development Class Technique/Skill			
7:30pm Classes					
7:35pm – 8:25pm Grunt Fit Intense	7:30pm – 8:30pm Open gym to practice bag work/pad/partner work with your training buddies	7:35pm – 8:25pm Grunt Fit Intense	7:30pm – 8:30pm Open gym to practice bag work/pad/partner work with your training buddies		
7:30pm – 8:30pm Boxing Beginner Skill & Fitness	7:30pm – 8:30pm Muaythai Advanced / Fighters	7:30pm – 8:30pm Boxing Beginner Skill & Fitness	7:30pm – 8:30pm Muaythai Advanced / Fighters		

UNIQUE > REMARKABLE > DIFFERENT > TEAM PHOENIX

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

One Membership – One Vision – One Team

100% TESTED ON HUMANS®