

PHOENIX TIMETABLE

From: Monday 22 February 2021



Reception & Shop Hours

Mon – Thurs: 2.00pm – 8.00pm
 Sat: 9.00am – 12.00pm
 Ph: 1300GOPHOENIX
 info@phoenixgym.com.au

Own training is available for ALL members during opening hours.
 Please be early for ALL classes > no warmup > no train!
 24 hour 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 Classes					9.30am – 10.30am
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	Muaythai All Levels
5:30pm Classes					
5:30pm – 6:25pm Muaythai Skill & Fitness Beginner & TTFU	5:30pm – 6:25pm Muaythai Skill & Fitness Beginner & TTFU	5:30pm – 6:25pm Muaythai Skill & Fitness Beginner & TTFU	5:30pm – 6:25pm Muaythai Skill & Fitness Beginner & TTFU	Reception is closed on Friday. Class access is via the 24hour door.	9.30am – 10.30am Boxing All Levels
5:30pm classes will be split by level, for pad work and drills, as required.					10.30am – 12.00pm FIGHT CLUB (Sparring) Muaythai / Boxing Level 1+
6:30pm Classes					
6:30pm – 7:30pm Muaythai Intermediate TTFU & Above	6:30pm – 7:30pm Boxing Skill & Fitness	6:30pm – 7:30pm Muaythai Intermediate TTFU & Above	6:30pm – 7:30pm Boxing Skill & Fitness		
	6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above	From 7:30pm Casual Sparring	6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above		
7:30pm Classes					
7:35pm – 8:25pm Grunt Fit Intense	7:30pm – 8:30pm Muaythai Advanced	7:35pm – 8:25pm Grunt Fit Intense	7:30pm – 8:30pm Muaythai Advanced		

BE 'TOUGHER TO KILL'

BE FIT, BE HEALTHY AND BE ABLE TO FIGHT BACK

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

100% TESTED ON HUMANS®