

PHOENIX TIMETABLE

From: 22 March 2021



Reception & Shop Hours

Mon – Thurs: 2.00pm – 8:00pm
 Sat: 9.00am – 12.00pm
 Ph: 1300GOPHOENIX
 info@phoenixgym.com.au

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		
3.50pm & 4.35pm Children's Classes (From Term 2, 2021)					
3:50pm – 4:30pm Mighty Dragons 5-8 years	3:50pm – 4:30pm Mighty Dragons 5-8 years	3:50pm – 4:30pm Mighty Dragons 5-8 years	3:50pm – 4:30pm Mighty Dragons 5-8 years		8.20am – 9.25am* Grunt Fit Intense High Intensity Fun
3:50pm – 4:30pm Little Dragons 8-11 years	3:50pm – 4:30pm Little Dragons 8-11 years	3:50pm – 4:30pm Little Dragons 8-11 years	3:50pm – 4:30pm Little Dragons 8-11 years	4:30pm – 5:30pm Little & Dragons Sparring (Lvl 4 + or Invite Only)	
4:35pm – 5:25pm Dragons 11-16 years	4:35pm – 5:25pm Dragons 11-16 years	4:35pm – 5:25pm Dragons 11-16 years	4:35pm – 5:25pm Dragons 11-16 years		
4.40pm Fitness Classes					
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	9.30am – 10.30am Boxing Skill & Fitness (+30min Development)
5.30pm Muaythai Classes					
5:30pm – 6:30pm Muaythai Skill & Fitness Beginner	5:30pm – 6:30pm Muaythai Skill & Fitness Mixed Level	5:30pm – 6:30pm Muaythai Skill & Fitness Beginner	5:30pm – 6:30pm Muaythai Skill & Fitness Mixed Level		9.30am – 10.30am Muaythai Skill & Fitness Mixed Level
5:30pm – 6:30pm Muaythai Intense Pads Bag Fitness Level 1		5:30pm – 6:30pm Muaythai Intense Pads Bag Fitness Level 1			
6.30pm Muaythai & Boxing Classes					
6:30pm – 7:30pm Boxing Skill & Fitness Mixed Level	6:30pm – 7:30pm Boxing Skill & Fitness Beginner	6:30pm – 7:30pm Boxing Skill & Fitness Mixed Level	6:30pm – 7:30pm Boxing Skill & Fitness Beginner From 7:30pm Intermediate		10:00am > Turn Up / Warm Up 10.30am – 12.00pm SPARRING Muaythai / Boxing Level 1+ (or invite)
6:30pm – 7:30pm Muaythai Skill & Fitness Mixed Level	6:30pm – 7:30pm Muaythai Intermediate Skill Development Level 1 + (or invite)	6:30pm – 7:30pm Muaythai Skill & Fitness Mixed Level	6:30pm – 7:30pm Muaythai Intermediate Skill Development Level 1 + (or invite)	FREE TRIAL AVAILABLE FOR ALL PROGRAMS ENQUIRE AT COUNTER	
7.30pm Muaythai, Boxing & Fitness Classes					
7:35pm – 8:25pm Grunt Fit Intense High Intensity Fun	7:30pm – 8:30pm Muaythai & Boxing Pads, Spar, Clinch, Bag Work Level 1+ or invite.	7:35pm – 8:25pm Grunt Fit Intense High Intensity Fun	7:30pm – 8:30pm Muaythai Advanced Level 2+ or invite		

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

100% TESTED ON HUMANS®

Own training is available for ALL members during STAFFED hours.
 24hr access is required for all other times.