

# PHOENIX TIMETABLE

From: Monday 12 July 2021  
24hr access available on request



## Reception & Shop Hours

Mon – Thurs: 2.00pm – 8.00pm  
Friday: 4.00pm – 7.00pm  
Sat: 8.00am – 12.00pm  
Ph: 1300GOPHOENIX  
info@phoenixgym.com.au

## PHOENIX MARTIAL ARTS, MUAYTHAI, BOXING & FITNESS PROGRAM

| MONDAY<br>2.00pm – 8.00pm                                                                       | TUESDAY<br>2.00pm – 8.00pm                                           | WEDNESDAY<br>2.00pm – 8.00pm                                                                       | THURSDAY<br>2.00pm – 8.00pm                                          | FRIDAY<br>4.00pm – 7.00pm                                                                                                                                     | SATURDAY<br>8.00am – 12.00pm                                                                            |
|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>6:05am Morning Classes*</b> (you must be a member first – please join during opening hours*) |                                                                      |                                                                                                    |                                                                      |                                                                                                                                                               |                                                                                                         |
| 6:05am – 6:55am *<br>Muaythai<br>Wake Up Workout                                                | 6:05am – 6:55am *<br>Grunt Fit<br>Wake Up Workout                    | 6:05am – 6:55am *<br>Muaythai<br>Wake Up Workout                                                   | 6:05am – 6:55am *<br>Grunt Fit<br>Wake Up Workout                    |                                                                                                                                                               | 8.20am – 9.30am<br>Grunt Fit<br>Intense                                                                 |
| <b>Own training available during opening hours – or get 24hr access! – or do a PT</b>           |                                                                      |                                                                                                    |                                                                      |                                                                                                                                                               |                                                                                                         |
| <b>4.40pm Classes</b>                                                                           |                                                                      |                                                                                                    |                                                                      |                                                                                                                                                               | <b>Women's only class</b>                                                                               |
| 4:40pm – 5:25pm<br>Grunt Fit Express                                                            | 4:40pm – 5:25pm<br>Grunt Fit Express                                 | 4:40pm – 5:25pm<br>Grunt Fit Express                                                               | 4:40pm – 5:25pm<br>Grunt Fit Express                                 | 4:40pm – 5:25pm<br>Grunt Fit Express                                                                                                                          | 9.00am – 9.55am<br>Women's Muaythai<br>& Fitness Development                                            |
| <b>5.30pm Classes</b>                                                                           |                                                                      |                                                                                                    |                                                                      |                                                                                                                                                               |                                                                                                         |
| 5:30pm – 6:30pm<br>Muaythai<br>Skill & Fitness<br>Beginner                                      | 5:30pm – 6:30pm<br>Muaythai<br>Skill & Fitness<br>Mixed Level        | 5:30pm – 6:25pm<br>Muaythai<br>Skill & Fitness<br>Beginner                                         | 5:30pm – 6:30pm<br>Muaythai<br>Skill & Fitness<br>Mixed Level        |                                                                                                                                                               | 9.30am – 10.30am<br>Boxing<br>Skill & Fitness<br>Mixed Level                                            |
| 5:30pm – 6:30pm<br>Boxing<br>Intermediate<br>Level 1+                                           | 5:30pm – 6:30pm<br>Boxing<br>Skill & Fitness<br>Mixed Level          | 5:30pm – 6:30pm<br>Boxing<br>Intermediate<br>Level 1+                                              | 5:30pm – 6:30pm<br>Boxing<br>Skill & Fitness<br>Mixed Level          | 5:30pm – 6:30pm<br>Muaythai<br>Skill & Fitness                                                                                                                | 10.30am – 11.30am<br>Boxing<br>Sparring – Level 1+<br>Ensure your warmed up!                            |
|                                                                                                 |                                                                      |                                                                                                    | 5:35pm – 6:25pm<br>Grunt Fit<br>High Intensity                       |                                                                                                                                                               | 10.00am – 11.00am<br>Muaythai<br>Skill & Fitness<br>Mixed Level<br>(TTFU +30 FOR<br>'L' PLATE SPARRING) |
| <b>6.30pm Classes</b>                                                                           |                                                                      |                                                                                                    |                                                                      |                                                                                                                                                               |                                                                                                         |
| 6:30pm – 7:30pm<br>Boxing<br>Skill & Fitness<br>Beginner                                        | 6:30pm – 7:30pm<br>Muaythai<br>Skill & Fitness<br>Beginner > Level 1 | 6:30pm – 7:30pm<br>Boxing<br>Skill & Fitness<br>Beginner                                           | 6:30pm – 7:30pm<br>Muaythai<br>Skill & Fitness<br>Beginner > Level 1 |                                                                                                                                                               | 11.00am – 12.00pm<br>Muaythai<br>Sparring<br>Level 1+<br>Ensure your warmed up!                         |
| 6:30pm – 7:30pm<br>Muaythai<br>Pad Workout<br>TTFU 1+                                           | 6:30pm – 8:30pm<br>Muaythai<br>Advanced<br>Level 2+                  | 6:30pm – 7:30pm<br>Muaythai<br>Intermediate<br>Level 1+<br>(A focus on Defences &<br>partner work) | 6:30pm – 8:30pm<br>Muaythai<br>Advanced<br>Level 2+                  | <b>FREE TRIAL</b><br><br><b>AVAILABLE FOR ALL PROGRAMS</b><br><br><b>PRIVATE INTRODUCTION</b><br><b>\$75 for 1 - \$180 for 3</b><br>(1 on 1 starter sessions) |                                                                                                         |
|                                                                                                 |                                                                      | 6:30pm – 7:30pm<br>Women's Muaythai<br>Skill & Fitness                                             |                                                                      |                                                                                                                                                               |                                                                                                         |
| <b>7.30pm Classes</b>                                                                           |                                                                      |                                                                                                    |                                                                      |                                                                                                                                                               |                                                                                                         |
| 7:35pm – 8:25pm<br>Grunt Fit<br>Intense                                                         |                                                                      | 7:35pm – 8:25pm<br>Grunt Fit<br>Intense                                                            |                                                                      |                                                                                                                                                               |                                                                                                         |
| 7:35pm – 8:25pm<br>Grunt Fit<br>Beginner<br>Development                                         | 7:30pm – 8:30pm<br>Strength Fit<br>Technique & Practice              | 7:30pm – 8:30pm<br>Casual Sparring<br>Level 1+                                                     | 7:30pm – 8:30pm<br>Strength Fit<br>Technique & Practice              |                                                                                                                                                               |                                                                                                         |

[www.phoenixgym.com.au](http://www.phoenixgym.com.au) or enquiries: [info@phoenixgym.com.au](mailto:info@phoenixgym.com.au) or 1300GOPHOENIX

**DISCIPLINE IS KEY – TURN UP!**

**Nothing is given\* – everything is earned. (\*except great coaching)**