

PHOENIX TIMETABLE

From: Monday 30 May 2022
24hr access available for 18+ years



Reception & Shop Hours
Gym open for Own Training
Mon – Thurs: 2.00pm – 8:00pm
Sat: 8.00am – 12.00pm
Ph: (02) 615 33 441
info@phoenixgym.com.au

PHOENIX FREESTYLE MARTIAL ARTS MUAYTHAI & MORE, BOXING & FITNESS PROGRAM

KIDS CLASSES – MUAYTHAI & MORE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY
5 to 10 years: 3:45pm – 4:30pm 11 to 15 years: 4:30pm - 5:25pm (5:35pm Thursday is Sparring)					9.30am – 10.30am Dragons 12+
PHOENIX FREESTYLE CLASSES – MUAYTHAI & MORE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <small>(Use 24hr door)</small>	SATURDAY
5:30pm – 6:30pm Muaythai Skills & Fitness Beginner	5:30pm – 6:30pm Muaythai Skills & Fitness Beginner	5:30pm – 6:30pm Muaythai Skills & Fitness Beginner	5:30pm – 6:30pm Muaythai Skills & Fitness Beginner		9.30am – 10.30am Muaythai Skills & Fitness For Everyone
	6:30pm – 7:30pm Muaythai Fitness & Conditioning All Levels		6:30pm – 7:30pm Muaythai Fitness & Conditioning All Levels		10.30am – 12.00pm Fight Club Level 1+ You know the rules!
6:30pm – 7:30pm Freestyle Muaythai Intermediate Level 1 & above	6:30pm – 7:30pm Muaythai Pad Workout TTFU +	6:30pm – 7:30pm Freestyle Muaythai Intermediate Level 1 & above	6:30pm – 8:30pm Freestyle Muaythai Inter > Adv Level 1+		
7:35pm – 8:25pm Extension Tough Fit	7:20pm – 8:15pm Clinching & Sparring Development Level 1 & above	7:35pm – 8:25pm Extension Tough Fit			PERSONAL STRENGTH & CONDITIONING PROGRAMS ARE AVAILABLE JUST BOOK A CONSULT
BOXING CLASSES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <small>(Use 24hr door)</small>	SATURDAY
5:30pm – 6:30pm Boxing Skill & Fitness Beginner	5:30pm – 6:30pm Boxing Focus Mitt Smash For Everyone	5:30pm – 6:30pm Boxing Skill & Fitness Beginner	5:30pm – 6:30pm Boxing Skill & Fitness Beginner	5:30pm – 6:30pm Boxing Sparring Invitation or Level 1+	9.30am – 10.30am Boxing Skill & Fitness For Everyone
6:30pm – 7:30pm Boxing Intermediate TTFU+		6:30pm – 8:00pm Boxing Intermediate Level 1+			10.30am – 12.00pm Fight Club Level 1+ Muaythai
FITNESS CLASSES (*means you must be a member first – please come and join during reception hours.)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <small>(Use 24hr door)</small>	SATURDAY
6:05am – 6:55am * 10 by 3 min rounds Guided own training	6:05am – 6:55am * Wake Up Workout	6:05am – 6:55am * 10 by 3 min rounds Guided own training	6:05am – 6:55am * Wake Up Workout		8.20am – 9.25am Tough Fit High Intensity
4:40pm – 5:25pm Express Fit	4:40pm – 5:25pm Express Fit	4:40pm – 5:25pm Express Fit	4:40pm – 5:25pm Express Fit	4:40pm – 5:25pm Express Fit	
7:20pm – 8:25pm Tough Fit High Intensity		7:20pm – 8:25pm Tough Fit High Intensity			QUALITY – LOCAL – TAILORED 'A NON-FRANCHISED' SYSTEM

BOOK A CONSULT & DO A TRIAL WEEK TO GET STARTED

www.phoenixgym.com.au or enquiries: info@phoenixgym.com.au or ph: (02) 615 33 441

How to start @ Phoenix

1. Do a consultation
2. Do a trail week of training
3. Join & train