

CLASS SCHEDULE & OPENING HOURS FOR PHOENIX GYM

From 30th January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN 06:00am to 9:00pm	OPEN 06:00am to 9:00pm	OPEN 06:00am to 9:00pm	OPEN 06:00am to 9:00pm	OPEN 12:00pm to 7:00pm	OPEN 09:00am to 3:00pm
OPEN ALL DAY FOR YOUR OWN TRAINING, SHOPPING OR JUST TO SAY HELLO					



PHOENIXFIT CLASSES – Please book by putting your name down on the sign on sheets in the grunt room.					
MORNING CLASSES – WAKE UP WORKOUTS					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10am – 7:00am	6:10am – 7:00am	6:10am – 7:00am	6:10am – 7:00am		09:05am – 9:55am
Grunt FIT	Grunt FIT	Grunt FIT	Grunt FIT		Grunt FIT
AFTERNOON & NIGHT CLASSES					
4:45pm – 5:25pm	4:45pm – 5:25pm	4:45pm – 5:25pm	4:45pm – 5:25pm	PERSONAL TRAINING AVAILABLE DURING THE DAY	
Grunt Fit Express	Grunt Fit Express	Grunt Fit Express	Grunt Fit Express		
6:35pm – 7:25pm	6:35pm – 7:25pm	6:35pm – 7:25pm	6:35pm – 7:25pm		
Grunt FIT	Grunt FIT	Grunt FIT The Hard One	Grunt FIT		



COMBAT SPORTS CLASSES – Please turn up on time, dress appropriately and take off your jewellery.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30pm – 6:30pm	5:30pm – 6:30pm	5:30pm – 6:30pm	5:30pm – 6:30pm	12:30pm – 1:30pm	9:05am – 10:30am
Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner	BJJ - Grappling All Levels	BJJ - Grappling No – Gi Beginner
5:30pm – 6:30pm	5:30pm – 6:30pm	5:30pm – 6:30pm	5:30pm – 6:30pm	5:30pm – 6:30pm	10:00am – 12:00pm
Thai Pad & Bag Work Intermediate level 1-4 students	Muay Thai Intermediate level 1-2 students	Intermediate Casual Sparring level 1-2 students Muay Thai & Kickboxing	Thai Pad & Bag Work Intermediate level 1-2 students	Muay Thai & Kickboxing All Level Class	SPARRING 'Fight Club' serious sparring
6:30pm – 7:30pm	6:30pm – 7:30pm	6:30pm – 7:30pm	6:30pm – 7:30pm		12:00pm – 1:00pm
Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner	Muay Thai KCEG – All Levels Knee Clinch Elbow Grapple	Muay Thai – All Levels Bag Work & Conditioning		Muay Thai Sparring Level 1 – 2 Casual and Learning
6:30pm – 7:30pm	6:30pm – 8:00pm	6:30pm – 7:30pm	6:30pm – 7:30pm		12:00pm – 1:00pm
Muay Thai Intermediate level 1-2 students	Muay Thai Advanced level 2-5 students	Muay Thai Development to Level 1 BJJ/Grapppling - No Gi	Boxing – Beginner BJJ – Blue Belt+		Dragons/Teenagers Intermediate Class Starts – 12 February
7:30pm – 8:30pm	7:30pm – 8:30pm	7:30pm – 8:30pm	7:30pm – 8:45pm		12:00pm – 1:00pm
Boxing Beginner/Intermediate	Boxing Development to Level 1 for beginners by invitation & Level 1	Boxing Beginner/Intermediate	Muay Thai Advanced level 2-5 students		Boxing Sparring Level 1 – 2
7:30pm – 8:45pm	7:30pm – 8:45pm	7:30pm – 8:30pm	7:30pm – 8:45pm		1:00pm – 2:00pm
BJJ – Grappling Beginner/Intermediate	BJJ - Grappling Beginner/Intermediate	MMA – BJJ Grapppling & Striking MMA – sparring TTFU BJJ & Level 1 MT	BJJ - Grappling Beginner/Intermediate		Muay Thai & Kickboxing Beginner

CANBERRA'S PREMIER COMBAT SPORTS GYM

www.phoenixgym.com.au or enquiries: info@phoenixgym.com.au or 62412402