

PHOENIX GYM TRIAL WEEK SCHEDULE

From 27th February 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		
	Grunt FIT		Grunt FIT		



COMBAT SPORTS CLASSES – Please turn up on time, dress appropriately and take off your jewellery.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY
5:30pm – 6:30pm	5:30pm – 6:30pm	5:30pm – 6:30pm	5:30pm – 6:30pm		
Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner		
6:30pm – 7:30pm	6:30pm – 7:30pm	6:30pm – 7:30pm	6:30pm – 7:30pm		
Muay Thai & Kickboxing Beginner	Muay Thai & Kickboxing Beginner	Muay Thai – Beginner Bag Work Workout	Muay Thai & Kickboxing Beginner		
7:30pm – 8:30pm		7:30pm – 8:30pm	6:30pm – 7:30pm		1:00pm – 2:00pm
Boxing Beginner		Boxing Beginner	Boxing – Beginner		Muay Thai & Kickboxing Beginner
		7:30pm – 8:45pm	7:30pm – 8:45pm		1:30pm – 3:00pm
		Grappling – MMA submission & strike grappling	BJJ - Grappling Beginner		Grappling – MMA submission & strike grappling

CANBERRA'S PREMIER COMBAT SPORTS GYM

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

Equipment – we will lend you what gear you need for your trial week. Then when you join, we lend you gear for one month to give you time to get your own equipment.

Phoenix Combat Sports Shop has all the gear you need at Wholesale prices direct to the public.