

# PHOENIX TIMETABLE

From: Monday 20 January 2020

Claim a free trial at: [www.phoenixgym.com.au](http://www.phoenixgym.com.au)

Staffed & Shop Hours

Mon – Thurs: 1.00 – 8:30

Fri: 3.00 – 6.00, Sat: 10.00 – 2.00



For all fitness levels - but only 1 effort level allowed - never boring - no two workouts are the same!

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

Over 23 years' experience developing ordinary people into champions in life

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Morning Classes (must be a member first – please join during opening hours*)</b>						
<b>6:05am – 6:55am *</b> Muaythai Skill & Fitness	<b>6:05am – 6:55am *</b> Grunt Fit Wake Up Workout	<b>6:05am – 6:55am *</b> Muaythai Skill & Fitness	<b>6:05am – 6:55am *</b> Grunt Fit Wake Up Workout		<b>8.30am – 9.30am *</b> Grunt Fit Intense	
<b>Afternoon Classes</b>						
<b>4.45pm – 5.25pm</b> Grunt Fit Express	<b>4.45pm – 5.25pm</b> Grunt Fit Express	<b>4.45pm – 5.25pm</b> Grunt Fit Express	<b>4.45pm – 5.25pm</b> Grunt Fit Express	<b>5.05pm – 6.00pm</b> Grunt Fit Intense	<b>10.00am – 11.00am</b> Muaythai Beginner (+30 Min Pad Work)	
<b>5:30pm Classes</b>						
<b>5:30pm – 6:30pm</b> Muaythai Beginner Skill & Fitness	<b>5:30pm – 6:30pm</b> Muaythai Beginner Skill & Fitness	<b>5:30pm – 6:30pm</b> Muaythai Beginner Skill & Fitness	<b>5:30pm – 6:30pm</b> Muaythai Beginner Skill & Fitness	<b>24 hour access available*</b>	<b>10.00am – 11.00am</b> Muaythai TTFU - Level 1 (+30 Min Sparring)	
<b>5:30pm – 6:30pm</b> Muaythai Development Class Graded to TTFU+	<b>5:30pm – 6:30pm</b> Muaythai Intermediate Pad Work Workout Level 1 +	<b>5:30pm – 6:30pm</b> Muaythai Development Class Graded to TTFU+	<b>5:30pm – 6:30pm</b> Muaythai Intermediate Pad Work Workout Level 1 +		<b>10:00am – 12:00pm</b> Muaythai Advanced Level 1/2/3/4/5 Drills, Sparring, Fun	
<b>6:30pm Classes</b>						
<b>6:30pm – 7:30pm</b> Muaythai Beginner Skill & Fitness	<b>6:30pm – 7:30pm</b> Boxing Beginner Skill & Fitness	<b>6:30pm – 7:30pm</b> Muaythai Beginner Skill & Fitness	<b>6:30pm – 7:30pm</b> Boxing Beginner Skill & Fitness		<b>12.05pm – 1.00pm</b> Strength Fit Technique & Development	
<b>6:30pm – 7:30pm</b> Muaythai Intermediate Level 1 & Above (+30 Min Extension MMA training)	<b>6:30pm – 7:30pm</b> Muaythai Intermediate Level 1 & Above (+30 Min Extension Sparring/Clinching)	<b>6:30pm – 7:30pm</b> Muaythai Intermediate Level 1 & Above (+30 Min Extension Sparring/Clinching)	<b>6:30pm – 8:30pm</b> Muaythai FIGHT CLUB Advanced Class Level 2 & Above	<b>1.00pm – 2.00pm</b> Boxing Beginner Skill & Fitness		
<b>6:35pm – 7:25pm</b> Grunt Fit Intense	<b>6:35pm – 7:30pm</b> Strength Fit Get Stronger! Technique & Development	<b>6:35pm – 7:25pm</b> Grunt Fit Intense	<b>6:35pm – 7:30pm</b> Strength Fit Get Stronger! Technique & Development	<b>2:00pm – 3:00pm</b> Boxing Intermediate Level 1 & Above		
<b>7:30pm Classes</b>						
<b>7:30pm – 8:30pm</b> Boxing Beginner Skill & Fitness	<b>7:30pm – 8:30pm</b> Boxing TTFU / Intermediate	<b>7:30pm – 8:30pm</b> Boxing Beginner Skill & Fitness	<b>7:30pm – 8:30pm</b> Boxing TTFU / Intermediate	<b>PERSONAL TRAINING</b> <i>Skills – Fitness - Pad Work</i> <b>** 30 or 45 minute sessions **</b>		

UNIQUE > REMARKABLE > DIFFERENT > BETTER > TEAM PHOENIX

More variety, More experience, more classes, more coaches, with world class facilities and programs!

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

Membership includes ALL classes and programs to your level.

**100% TESTED ON HUMANS®**