

PHOENIX 'RISE UP' TIMETABLE

From: Monday 20 July 2020

www.phoenixgym.com.au


Reception & Shop Hours

Mon – Thurs: 1.00pm – 8.00pm

Sat: 9.00am – 1.00pm

(Own training is OPEN during all operating hours including FRIDAY from 4:00pm – 7:00pm for members)

PHOENIX MARTIAL ARTS, MUAYTHAI, BOXING, & FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:05am MORNING Classes* (you must be a member first – please join during opening hours*)						
	6:05am – 6:55am * Grunt Fit Wake Up Workout		6:05am – 6:55am * Grunt Fit Wake Up Workout	4:00pm – 7:00pm Supervised own training & classes	8.20am – 9.30am * Grunt Fit Intense	
4:40pm FITNESS Classes – Monday to Friday					9.30am – 10.30am Muaythai Beginner > TTFU	
← 4.40pm – 5.25pm – Everyday → Grunt Fit Express						
5:30pm MUAYTHAI (Thai Boxing) Classes					9.30am – 10.30am Boxing Beginner/Inter Skill & Fitness	
5:30pm – 6:25pm Muaythai Beginner Skill & Fitness	5:30pm – 6:25pm Muaythai Beginner Skill & Fitness	5:30pm – 6:25pm Muaythai Beginner Skill & Fitness	5:30pm – 6:25pm Muaythai Beginner Skill & Fitness	5:30pm – 6:25pm Muaythai Freaky Friday!		
5:30pm – 6:25pm Muaythai Development Class Graded to TTFU+	5:30pm – 6:25pm Muaythai Padwork Workout Level 1+	5:30pm – 6:25pm Muaythai Development Class Graded to TTFU+	5:30pm – 6:25pm Muaythai Padwork Workout Level 1+		10:00am Turn Up-Warm Up	
5:30pm FITNESS Classes					10.30am – 12.00pm FIGHT CLUB (sparring) Muaythai / Boxing Level 1+	
	5:30pm – 6:30pm Strength Fit Technique & Development		5:30pm – 6:30pm Strength Fit Technique & Development			
6:30pm MUAYTHAI & BOXING Classes						
6:30pm – 7:25pm Boxing Beginner/Inter Skill & Fitness	6:30pm – 7:25pm Muaythai Beginner+ Padwork / Bagwork	6:30pm – 7:25pm Boxing Beginner/Inter Skill & Fitness	6:30pm – 7:25pm Muaythai Beginner+ Padwork / Bagwork			
6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above	6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above	6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above	6:30pm – 7:30pm Muaythai Intermediate Level 1 & Above	PERSONAL TRAINING <i>Skills - Fitness - Pad Work</i> Please book at counter 		
6:30pm FITNESS Classes						
6:35pm – 7:25pm Grunt Fit Intense		6:35pm – 7:25pm Grunt Fit Intense				
7:30pm - Open Supervised Training (the top 5 things you need more of)						
Pad Work – Sparring – Bag Work – Clinching – Conditioning This time is for everyone to 'stay and train together' or 'come in and train'. It is supervised training with direction, advice, and coaching.						

UNIQUE > REMARKABLE > DIFFERENT > TEAM PHOENIX

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

For all fitness levels - but only 1 effort level allowed - never boring – never repetitive – always satisfying.

www.phoenixgym.com.au or enquiries: info@phoenixgym.com.au or 1300GOPHOENIX

Membership includes Muaythai – Boxing – Fitness classes for your level.

100% TESTED ON HUMANS®