

# PHOENIX 'RISE UP' TIMETABLE

From: Monday August 17<sup>th</sup> 2020

[www.phoenixgym.com.au](http://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)  
24hr access is NOW available – please ask at reception.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:05am MORNING Classes*</b> (you must be a member first – please join during opening hours*)					
	<b>6:05am – 6:55am *</b> Grunt Fit Wake Up Workout		<b>6:05am – 6:55am *</b> Grunt Fit Wake Up Workout	<b>4:00pm – 7:00pm</b> Supervised own training & classes	<b>8.20am – 9.30am *</b> Grunt Fit Intense
<b>4:40pm FITNESS Classes – Monday to Friday</b>					<b>9.30am – 10.30am</b> Muaythai Beginner > TTFU
← <b>4.40pm – 5.25pm – Everyday</b> → Grunt Fit Express					
<b>5:30pm MUAYTHAI (Thai Boxing) Classes</b>					<b>9.30am – 10.30am</b> Boxing Beginner > Intermediate Skill & Fitness
<b>5:30pm – 6:25pm</b> Muaythai Beginner Skill & Fitness	<b>5:30pm – 6:25pm</b> Muaythai Beginner Skill & Fitness	<b>5:30pm – 6:25pm</b> Muaythai Beginner Skill & Fitness	<b>5:30pm – 6:25pm</b> Muaythai Beginner Skill & Fitness	<b>5:30pm – 6:25pm</b> Muaythai Freaky Friday!	
<b>5:30pm – 6:25pm</b> Muaythai Development Class Graded to TTFU+	<b>5:30pm – 6:25pm</b> Muaythai Padwork Workout Level 1+	<b>5:30pm – 6:25pm</b> Muaythai Development Class Graded to TTFU+	<b>5:30pm – 6:25pm</b> Muaythai Padwork Workout Level 1+		<b>10:00am</b> Turn Up-Warm Up
<b>5:30pm FITNESS Classes</b>					<b>10.30am – 12.00pm</b> FIGHT CLUB (sparring) Muaythai / Boxing Level 1+
	<b>5:35pm – 6:30pm</b> Strength Fit Development & Workout		<b>5:35pm – 6:30pm</b> Strength Fit Development & Workout		
<b>6:30pm MUAYTHAI &amp; BOXING Classes</b>					
<b>6:30pm – 7:25pm</b> Boxing Beginner Skill & Fitness	<b>6:30pm – 7:25pm</b> Muaythai Beginner Padwork / Bagwork	<b>6:30pm – 7:25pm</b> Boxing Beginner Skill & Fitness	<b>6:30pm – 7:25pm</b> Muaythai Beginner Padwork / Bagwork		
<b>6:30pm – 7:30pm</b> Muaythai Intermediate Level 1 & Above (+ 30 min sparring ext)	<b>6:30pm – 7:30pm</b> Muaythai Intermediate Level 1 & Above	<b>6:30pm – 7:30pm</b> Muaythai Intermediate Level 1 & Above	<b>6:30pm – 7:30pm</b> Muaythai Intermediate Level 1 & Above	<b>PERSONAL TRAINING</b> Skills - Fitness - Pad Work Please book at counter	
<b>7:30pm MUAYTHAI &amp; BOXING Classes</b>					
<b>7:30pm – 8:30pm</b> Boxing Intermediate (TTFU or invite)	<b>7:30pm – 8:30pm</b> Muaythai Advanced/Fighters		<b>7:30pm – 8:30pm</b> Muaythai Advanced/Fighters		
<b>7:30pm FITNESS Classes</b>					
<b>7:35pm – 8:25pm</b> Strength Fit Technique & Development		<b>7:35pm – 8:30pm</b> Grunt Fit Intense			

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

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

**100% TESTED ON HUMANS®**