

PHOENIX 2024 TIMETABLE

From: Monday 11 March 2024

24hr access > 18+ years on application



Reception & Shop Hours

Open for own training outside of class times only.

“We are open when we are open & closed when we are not”.

We open 30min before classes starts.

Ph: 0408 570 961 – 0414 246 973

THE SPIRIT OF A WARRIOR MUAYTHAI - FIGHTING FIT - MARTIAL ARTS WITH GRIT

MORNING CLASSES ARE HELD ALL YEAR ROUND EXCEPT PUBLIC HOLIDAYS*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:05am – 6:55am Fighting Fit Bag & Strength Work (Everyone Welcome) [always bring runners]		6:05am – 6:55am Fighting Fit Conditioning Training (Everyone Welcome) [always bring runners]		8:00am – 8:55am Fighting Fit Conditioning Training (Everyone Welcome) [always bring runners]
KIDS can arrive from 3:30pm to warm up and train. 4:00pm Kids Classes (Only held during school terms)*					
	4:00pm – 4:40pm Mighty Warriors 5 - 8 years		4:00pm – 4:40pm Mighty Warriors 5 - 8 years		9:00am – 9:55am Warriors 10 – 14 years Beginner & Intermediate
4:00pm – 4:40pm Junior Warriors 8 – 12 years	4:00pm – 4:40pm Junior Warriors 8 – 12 years	4:00pm – 4:30pm Intermediate & Advanced INDIVIDUAL TRAINING	4:00pm – 4:40pm Junior Warriors 8 – 12 years		9:00am – 9:55am Beginner & Intermediate Skills & Fitness
4:45pm Kids Classes (These classes are all year-round including School Holidays) *					
4:45pm – 5:40pm Warriors 11 – 14 years Beginner & Intermediate	4:45pm – 5:40pm Warriors 11 – 14 years Beginner & Intermediate	4:30pm – 5:40pm Junior/Warriors Intermediate & Advanced (Level 4+ or invite) Turn up from 4:00pm	4:45pm – 5:40pm Warriors 11 – 14 years Beginner & Intermediate		10.00am – 12:00pm FIGHT CLUB+ Sparring & more Intermediate, Advanced or invite. (Warriors by Invitation)
Adult Classes (These classes are all year-round including School Holidays) *					
5:45pm – 6:40pm Beginner & Intermediate Skills & Fitness EXTENSION 6:40pm – 6:55pm Sparring Extra or Bag Work	5:45pm – 6:40pm Beginner & Intermediate Skills & Fitness EXTENSION 6:40pm – 6:55pm Clinching Extra or Bag Work	5:45pm – 6:40pm Beginner & Intermediate Development Class Defences Skills Focus 6:45pm – 7:30pm Sparring Class Learn/Practice Invite or Level 1+	5:45pm – 6:40pm Beginner & Intermediate Skills & Fitness EXTENSION 6:40pm – 6:55pm Sparring Extra or Bag Work	24hr access <i>Remember you can get 24hr access & come and practice on a Friday!</i>	EXTENSION EXPLAINED You can stay back and do some light sparring, or some bag work. Must have the correct gear (groin guard & mouthguards). It is also a longer change over time for each class. Stay back or arrive early!
7:00pm – 8:30pm Pad Work & Conditioning Level 1 or invite A night of skills, pad work, high intensity & application.	7:00pm – 8:30pm Intermediate & Advanced Level 1+ (Warriors Level 8+ welcome) A night of technique, style, flow, skills & sparring.	7:25pm – 8:20pm Fighting Fit [always bring runners] [Do a 3km run or the sparring prior to the conditioning class]	7:00pm – 8:30pm Intermediate & Advanced Level 1+ (Warriors Level 8+ welcome) A night of skills, combinations, pad work, bag work & more		

BOOK A FREE TRIAL TO GET STARTED

www.muaythaibyphoenix.com.au or enquiries: info@muaythaibyphoenix.com.au

*During Easter or Christmas period or some other unforeseen event, classes may vary.

“Motivation is Unreliable. Discipline is the Key”

ONCE YOU HAVE TRAINED AT PHOENIX, EVERYTHING ELSE IS EASY

MUAYTHAI & KICKBOXING > We understand new people and have a deliberate development system to build solid foundations and progress your competence and fitness. Muaythai is an effective fighting system and a fantastic workout that is immersive and a great lifestyle habit. We teach with modern coaching principles and follow a ‘what works’ principle. Phoenix has over 26 years’ experience getting people started and building people through our rigorous training system. Over time and effort, you will be ‘forged in fire’ and have competent skills and incredible fitness. You will learn practical and effective skills and the fitness required to be FITTER, FASTER, STRONGER AND TOUGHER. You will get fitter than you have ever been because the training is challenging, interesting and real. Muaythai is a simple, practical, effective, and physically engaging and challenging sport.

HOW DO I START? > Please email, call, or visit PHOENIX for a consultation (why do you want to join and what is expected of you) and to book a training trial.

CLASS FORMAT > Each class is programmed and is designed for you to go home better than we you arrived. Classes start on time and punctuality as a member is essential. If you are 3 min early, you are 5 minutes late. Every class commences with a quick overview, a solid warm up, skills training, skills practice and will finish with a bang. The entire class is punctuated with fitness ‘spikes’ and learning moments to think about and develop. Classes are non-stop with breaks only as directed, like a sporting game, be on time for the start and be on the field for the entire game.

BEGINNER/INTERMEDIATE > Adults should train at least 3 times a week and can participate in any of the Beginner/Intermediate Classes as well as FIGHTING FIT classes. Juniors are expected to do a minimum of 2 classes per week. Everyone is expected to commit to improving their ability, fitness, and work ethic. Beginner classes develop solid foundations of skill and fitness. *This class is part of the ‘kick starter’ program and suitable for anyone up to Level 2.*

FIGHTING FIT > The classes are for everyone and are a 100% output session. This is a great time for students of all levels to train together and develop your conditioning and grit. The classes are high intensity fitness training. Session’s include bag rounds, bag drills, kettle bells, barbell, assault bikes and more. Format will vary for your variety and enjoyment.

INTERMEDIATE/ADVANCED CLASSES > Require grading to Level 1 adults and above or invitation. These classes are always more intense, more exciting, and will constantly develop your skills, fitness, and mental fortitude.

VALHALLA TRAINING > We have a training facility at Valhalla (15 minutes from Mitchell). For the adventure of outdoor challenges, wildlife, sprints, and weight training not available in Mitchell. If you ever want to do extra training and enjoy Valhalla, please ask. Look out for when Saturday classes are switched to Valhalla.

MUAYTHAI – Includes punches, elbows, knees, clinching, kicks, defences, takedowns, mental strength, resilience, cardio, intensity, free body strength, healthy diet, teamwork, and more.

KICKBOXING – is a set or competition rules like Muaythai but without elbows and clinching, which is usually at a faster pace.

PHOENIX IS ALL ACTION MUAY THAI – Our Muay Thai works and is great for Kickboxing or MMA as it based on an aggressive work rate with a damage/power-based style.

GRADING > All programs follow the Phoenix Grading System. The grading system is based on modern sporting development underpinned by a martial system of progress. Based on ability, character, effectiveness, a personal & team code in your training routine. The grading system is designed on a ‘what works’ principle and is based on competence, attitude & teamwork. Each level is progressively harder by way of competency testing, conditioning requirements, and skill development. With the training moving through stages from foundations to application and beyond. Martial grading systems are not uniformly consistent or recognized but our system is 100% proven and will ensure you can go anywhere in the world and do Muay Thai or Kickboxing and your capabilities will be easily adaptable and competent to ensure you are proud of yourself and able to fit in anywhere comfortably.

JOIN THE TEAM > Phoenix training is designed following a sporting model of development and have fun doing it. Fun from learning, developing, and overcoming challenges. Like joining your local rugby team, you train and play when they do and support the other levels of the club. You train when the team trains, you develop skills, you practice skills, you develop fitness, and you play the game. We develop everyone through the grading system and build everyone up to be able to spar competently. We thrive on training everyone in a ‘fight team’ environment. Most people never compete and they only train for the challenge, the fitness, the teamwork, the mental release, and the positive aspects training adds to your life.

MUAY THAI FOR EVERYONE IN A SERIOUS TRAINING ENVIRONMENT