

# PHOENIX 2024 TIMETABLE

From: Monday 22 July 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\*

24hr access available for adults

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:05am – 6:55am</b> <b>Fighting Fit</b> Conditioning Training (Everyone Welcome) [always bring runners]		<b>6:05am – 6:55am</b> <b>Fighting Fit</b> Conditioning Training (Everyone Welcome) [always bring runners]		<b>8:00am – 8:55am</b> <b>Fighting Fit</b> Conditioning Training (Everyone Welcome) [always bring runners]
<b>KIDS can arrive from 3:30pm to warm up and train.</b> <b>4:00pm Kids Classes (Only held during school terms)*</b>					
<b>4:00pm – 4:40pm</b> <b>WARRIOR'S</b> FOR ALL AGES 5 - 15 years An all-ages class with something for everyone.	<b>4:00pm – 4:40pm</b> Mighty Warriors 5 - 8 years  <b>4:00pm – 4:40pm</b> Junior Warriors 8 – 12 years	<b>4:00pm – 4:30pm</b> Intermediate & Advanced INDIVIDUAL TRAINING	<b>4:00pm – 4:40pm</b> Mighty Warriors 5 - 8 years  <b>4:00pm – 4:40pm</b> Junior Warriors 8 – 12 years		<b>9:00am – 9:55am</b> Warriors 10 – 14 years Beginner & Intermediate  <b>9:00am – 9:55am</b> Adult Beginner & Intermediate Skills & Pads
<b>4:45pm Kids Classes (These classes are on in School Holidays) *</b>				<b>NEW CLASS</b> <b>4:30pm – 5:25pm</b> <b>Fighting Fit</b> Conditioning Training (Everyone Welcome) always bring runners	<b>10:00am – 12:00pm</b> <b>FIGHT CLUB+</b> (GAME DAY!) <b>Sparring - Clinching - Conditioning</b> Inter / Adv (Warriors by Invitation)
<b>4:45pm – 5:40pm</b> Warriors 11 – 14 years Beginner & Intermediate	<b>4:45pm – 5:40pm</b> Warriors 11 – 14 years Beginner & Intermediate	<b>4:30pm – 5:40pm</b> Junior/Warriors Intermediate & Advanced (Level 4+ or invite) Turn up from 4:00pm	<b>4:45pm – 5:40pm</b> Warriors 11 – 14 years Beginner & Intermediate		
<b>Adult Classes (Every day except Public Holidays) *</b>				<b>Personal Training Available</b> Book at reception or email  <b>EXTENSION EXPLAINED</b> You can stay back and do some extra training for 10 minutes. Pad work, light sparring, or some bag work. Must have the correct gear.  It is also a longer change over time for cooldowns or own training.  Intermediate people can arrive early for a warmup.  Stay back or arrive early!	
<b>5:45pm – 6:40pm</b> Beginner & Intermediate Skills & Fitness  <b>EXTENSION</b> <b>6:40pm – 6:55pm</b> Sparring Extra	<b>5:45pm – 6:40pm</b> Beginner & Intermediate Skills & Fitness  <b>EXTENSION</b> <b>6:40pm – 6:55pm</b> Pad Work Extra	<b>5:45pm – 6:40pm</b> Beginner Skills & Fitness  <b>6:45pm – 7:40pm</b> Intermediate Development Class Intermediate beginner Drills, Sparring & Clinching	<b>5:45pm – 6:40pm</b> Beginner & Intermediate Skills & Fitness  <b>EXTENSION</b> <b>6:40pm – 6:55pm</b> Pad Work Extra		
<b>7:00pm – 7:55pm</b> Intermediate Level 1 (Warriors Level 6+ Welcome) Pad Work Emphasis  <b>EXTENSION</b> <b>7:55pm – 8:25pm</b> Conditioning Kettle Bell - Barbell's	<b>7:00pm – 8:30pm</b> Intermediate & Advanced Level 1+ (Warriors Level 8+ Welcome)  Technique Tuesday with Skill Development Emphasis  Skills & Drills Sparring & Clinching	<b>7:30pm – 8:25pm</b> <b>Fighting Fit</b> Conditioning Training (Everyone Welcome) [always bring runners]	<b>7:00pm – 8:30pm</b> Intermediate & Advanced Level 1+ (Warriors Level 8+ Welcome)  Partner Work Emphasis  Pad Work & Drills & Bag Work		

## BOOK A FREE TRIAL TO GET STARTED

[www.muaythaibyphoenix.com.au](http://www.muaythaibyphoenix.com.au) or enquiries: [info@muaythaibyphoenix.com.au](mailto: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.*

**DEVELOPMENT CLASS** > This is for beginners ready to transition to intermediate or intermediate people. The class covers defences, drill and teaches you to do sparring and pad work.

**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.

**EXTENSION EXPLAINED/arrive early** > You can stay back and do some extra training for 10 minutes. Pad work, light sparring, or some bag work. Must have the correct gear. It is also a longer change over time for each class. Stay back or arrive early for the next class and join in.

**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**