

**PHOENIX 2025
TRAINING PROGRAM**

From: Monday 6 Jan 2025.

24hr access available for adults



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

If you are 5 min early you are 3 minutes late. Be ready for the start of the class!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Everyone Get out of bed and run before work or school	6:05am – 6:55am Fighting Fit Conditioning Training [Always Bring Runners]	Everyone Get out of bed and run before work or school	6:05am – 6:55am Fighting Fit Conditioning Training [Always Bring Runners]		8:00am – 9:25am Fighting Fit Conditioning Training [Always Bring Runners] Skill training & warm up at 8:00am then workout 8:15am.
3:50pm Kids Classes (Classes are not conducted in School Holidays)					
	<i>Turn up from 3:30pm</i> 3:50pm – 4:30pm Junior Warriors 5 - 10 years		<i>Turn up from 3:30pm</i> 3:50pm – 4:30pm Junior Warriors 5 - 10 years	4:30pm – 5:25pm Fighting Fit Conditioning Training (Everyone Welcome) [Always Bring Runners]	9:30am – 10:45am Beginner & Intermediate (Adults & Warriors 12+) Skills & Fitness & Running [Always Bring Runners]
4:30pm Kids/Teenager Classes (During ACT Public School Holidays - Classes Only Tuesday, Thursday & Saturday)					10:30am – Running for everyone to do.
4:00pm – 4:30pm 4:00pm Running Club (11+ Yrs Only) 4:30pm – 5:25pm Junior & Warriors 8 – 15 years Beg & Int Classes	4:30pm – 5:25pm Warriors 11 – 15 years Beginner & Intermediate	4:00pm – 4:30pm 4:00pm Running Club (11+ Yrs Only) 4:30pm – 5:25pm Warriors 11 – 15 years Intermediate & Advanced (Level 4+)	4:30pm – 5:25pm Warriors 11 – 15 years Beginner & Intermediate	5:30pm – 6:30pm Beginner & Intermediate (Adults & Warriors 12+) Skills & Fitness [Always Bring Runners]	10.30am – 12:30pm FIGHT CLUB+ (GAME DAY!) Sparring & Clinching Inter / Advance (PLUS HABES ETIAM) [Always Bring Runners]
Adult Classes (Every day except Public Holidays)					<p>Personal Training Available Book at reception or email</p> <p>24hr Access Available Apply at reception or email</p>
5:30pm – 6:30pm Beginner & Intermediate Skills & Fitness (Beginner & Level 1)	5:30pm – 7:00pm Inter > Advance Technique Tuesday Intermediate Level 1 + (Skill Improvement & Implementation)	5:30pm – 7:00pm Intermediate Beginner Development Class (Beginner With a Few Months Experience or Invited) (Intermediate Beg - Level 1) (Skills, Defences, Drills, Clinch & Learning to Spar)	5:30pm – 7:00pm Inter > Advance Partner Work Class Intermediate Level 1 (Drills, Pads & More)		
	6:30pm - 7:00pm Running Club (Daylight Savings Only)		6:30pm - 7:00pm Running Club (Daylight Savings Only)		
6:30pm – 7:30pm Intermediate Level 1 or invite (Skills & Pad Work)	7:00pm – 8:00pm Beginner & Intermediate Skills & Fitness (Beginner & Level 1)	7:00pm – 7:30pm If you miss your morning run – RUN NOW!	7:00pm – 8:00pm Beginner & Intermediate Skills & Fitness (Beginner & Level 1)		
7:30pm – 8:30pm Fighting Fit Conditioning Training (Everyone Welcome) [Always Bring Runners]	7:00pm – 7:30pm Advanced extension for secret death touch training	7:00pm – 8:00pmish Fighting Fit Conditioning Training (Everyone Welcome) [Always Bring Runners]	7:00pm – 7:30pm Advanced extension for secret death touch training		

BOOK A FREE TRIAL TO GET STARTED

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

“Motivation is Unreliable. Discipline is the Key”

ONCE YOU HAVE TRAINED AT PHOENIX, EVERYTHING ELSE IS EASY

3:50pm Kids Classes (Be punctual)

- KIDS can arrive from 3:30pm to warm up and train.
- Formal start 3:50pm. Activities start from 3:40pm.
- Kids are split by level, aptitude and effort. Age is only a guide.

4:30pm Kids Classes (Be punctual)

- KIDS can arrive from 4:00pm to warm up and train.
- Formal start 4:30pm.
- Kids are split by level, aptitude and effort. Age is only a guide.

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 27 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? > To start go to: ‘How to start’ under Membership > @ muaythaibyphoenix.com.au or email or visit PHOENIX for a chat.

CLASS FORMAT > Each class is programmed and is designed for you to go home better than when you arrived. Classes start on time and punctuality as a member is essential. You cannot join the class without permission if you are 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. We train in a teamwork environment in a programmed, disciplined and systematic way to make sure your learning experience gets results and you enjoy the training.

BEGINNER/INTERMEDIATE CLASS > These classes are for everyone to get started in and to build up to a solid intermediate level. They are skill and fitness focused and include instruction in, technique development, fitness challenges and will include: a solid warm up, skill work, partner work, fitness to challenge you & more. Everyone is expected to commit to improving their ability, fitness, and work ethic by training consistently and routinely. Beginner classes develop solid foundations of skill and fitness.

INTERMEDIATE BEGINNER DEVELOPMENT CLASS > This is for intermediate beginners ready to transition to intermediate/advanced classes. The class covers defences, clinching, drill’s pad work and casual sparring. They are the bridge between beginner and routine Intermediate classes and an awesome workout to develop your grounding and competence.

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, kettlebells, barbells, assault bikes and more. Format will vary for your variety and enjoyment. These classes are DO THE WORKOUT so you must be early. You must be early to learn the format and skills. Saturday morning is a great time to start this class or do a personal training session.

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. When people are graded to level 1 and have proven ready by attending regular classes for a few months at least, they should be ready to step up.

WARRIORS PROGRAM > This is our successful children’s program for kids 5 to 15 years. This is a junior Muay Thai program focused on character and fitness development using Muay Thai as the medium to develop children into stronger, safer, resilient and honourable people that understand work ethic and that you have work to earn your achievements. Classes are strict, demanding and effort is expected and enforced. Classes will be split by aptitude, effort, diligence and fitness with age is a guide only. It is a graded program but there are no certificates just for turning up. It is a contact sport, and the classes are physical in a developmental way. Our program is realistic martial arts that work, and kids learn to hit & get hit.

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, and your capabilities will be easily adaptable and competent to ensure you are proud of yourself. We are a contact sport and teach reality based fighting and hard fitness for practical people that want to be proud of themselves.

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.

PHOENIX IS ALL ACTION MUAY THAI – Our Muay Thai works and is based on an aggressive work rate, superior fitness and is a damage/power-based pressuring style.