



Saturday 21 December 2024 – Sunday 5 January 2025

NORMAL TIMETABLE CONTINUES UNTIL THURSDAY 19 DECEMBER 2024.

2025 TIMETABLE COMMENCES ON MONDAY 6 JANUARY 2025.

ADULTS CAN APPLY FOR 24HR ACCESS TO KEEP TRAINING AT ANYTIME

CLASS STYLE

- Classes are all level Muay Thai classes.
- Classes will include all the regular partner work, pad work and circuits.
- You can stay around after each class for extra training anytime.
- Classes are for members 12+
- There are no trial classes during this period.

Each class over the 2-week Xmas/New Years period is open to anyone 12 years +.

DATE	DAY	CLASS TIMES	CLASS TYPE
21 Dec	Saturday	9:00am – 10:30am	Muay Thai
23 Dec	Monday	5.30pm – 6.30pm	Muay Thai
25 Dec XMAS DAY	Wednesday	9:00am – 10:30am	Fitness Class
26 Dec Kick Boxing Day	Thursday	4.30pm – 6.30pm	Fighting Fit (circuit & Bag Work)
28 Dec	Saturday	9:00am – 10:30am	Muay Thai
30 Dec	Monday	5.30pm – 6.30pm	Muay Thai
1 Jan	Wednesday	4.30pm – 5.30pm	Fighting Fit (circuit & Bag Work)
2 Jan	Thursday	5.30pm – 6.30pm	Muay Thai
4 Jan	Saturday	9:00am – 10:30am	Muay Thai

**FULL TIMETABLE COMMENCES
MONDAY 6 JANUARY 2025**

**Happy New year, merry Xmas & best wishes for 2025 from Anthony,
Tracy and everyone at Phoenix.**