

PHOENIX 2025 TRAINING PROGRAM

From: Monday July 7 2025.

24hr access available for adults



Reception & Shop Hours

Open for own training outside of class times only.

Ph: (02) 61528033

Mon – Thurs: 3:00pm to 8:00pm

Friday: 4:30pm – 6:30pm

Saturday 8:00am – 12:00pm

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
	6:05am – 6:55am Fighting Fit Conditioning Training [Always Bring Runners]	6:05am – 6:55am Muay Thai Skill & Fitness Suitable for Everyone	6:05am – 6:55am Fighting Fit Conditioning Training [Always Bring Runners]		8:00am – 9:00am Fighting Fit Conditioning Training [Always Bring Runners] Starts at 8:00am so turn up early!
3:50pm Kids Classes (Classes are not conducted in School Holidays)					
	Turn up from 3:30pm 3:45pm – 4:25pm Junior Warriors 5 - 10 years		Turn up from 3:30pm 3:45pm – 4:25pm Junior Warriors 5 - 10 years	4:30pm – 5:25pm Fighting Fit Conditioning Training (Everyone Welcome) [Always Bring Runners]	9:00am – 10:15am All Level Class (Suitable for all Levels) Skills & Fitness & Running [Always Bring Runners]
4:30pm Kids/Teenager Classes (During ACT Public School Holidays - Classes Are Only Tuesday, Thursday, Friday & Saturday) Turn up early and be ready to go by 4:30pm.					9:00am – 10:15am Warriors 11 – 15 years Skills & Fitness & Running [Always Bring Runners]
3:45pm – 4:30pm ELITE DEVELOPMENT (INVITE ONLY) 4:30pm – 5:25pm Junior & Warriors 9 – 15 years Beg & Int Classes Simultaneously	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 All Level Class (Adults & Warriors 11+) Skills & Fitness Step Up for a Friday Challenge	10:00am – 12:00pm Intermediate/Advanced Partner Work Class A Class for Level 1+ Students Sparring – Clinching Pads – Fitness Level 1+ or invite [Always Bring Runners]
Adult Classes (Every day except Public Holidays)					Personal Training Available Book at reception or email 24hr Access Available Apply at reception or email Public Holidays There is usually a 4:30pm class for all levels and anyone 11+. Check FB for confirmation & other non-timetable classes.
5:30pm – 6:30pm Beginner Skills & Fitness A Class for Beginner's	5:30pm – 7:00pm Advanced Technique Tuesday (Skill Improvement & Implementation) (+ 25 Min Clinching Extension) A Class for Level 2 Students (Level 1 Students should ask when they are ready to try)	5:30pm – 6:30pm Beginner Skills & Fitness A Class for Beginner's	5:30pm – 7:00pm Advanced Partner Work Class (Drills, Pads & Sparring) (+ 25 Min Clinching Extension) A Class for Level 2 Students (Level 1 students should ask when they are ready to try)		
5:30pm – 6:30pm Intermediate Skills & Fitness A Class for Level 1 Students		5:30pm – 6:30pm Intermediate Skills & Fitness A Class for Level 1 Students			
6:30pm – 7:25pm Intermediate Skills & Pad Work Level 1 & Above	7:00pm – 7:45pm Beginner & Intermediate Development Class Technique & Defensive Focus A Class for Beginner's & Level 1 Students	6:30pm – 7:25pm All Level Class Skills & Pad Work A Class for Intermediate beginners & beyond (Ask a coach if you're ready or when invited)	7:00pm – 8:00pm Beginner & Intermediate Skills & Fitness (+25 Min Extension for Development Work)		
7:30pm – 8:25pm Fighting Fit Conditioning Training (Everyone Welcome) [Always Bring Runners]	7:45pm – 8:25pm Casual Sparring Learn & Practice Sparring (Level 1 Students or Invited from Previous Class)	7:30pm – 8:25pm Fighting Fit Conditioning Training (Everyone Welcome) [Always Bring Runners]			

BOOK A FREE TRIAL TO GET STARTED

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

"Motivation is Unreliable. Discipline is the Key"

3:45pm 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.

HOW DO I START? > To start go to: 'How to start' under Membership > @ muaythaibypheonix.com.au or email or visit PHOENIX for a chat. **YOU DO A FREE TRIAL**

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.

CLASS FORMAT > Each class is programmed and is designed for you to go home better than when you arrived. Learn some skills and have a great workout. 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.

BEGINNER CLASSES > These classes are for everyone to get started in and are suitable for new people. They are skill and fitness focused and include instruction in, technique development, fitness challenges. They 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. These classes develop solid foundations for your future. Adults should do at least 2 classes per week. This timeslot is for people graded to Level 1 and is suited to new people as well. We endeavour to have at least 2 coaches at every class to ensure maximum coaching and development for you.

THE DEVELOPMENT CLASS > This class is focused on developing your defences and application of fighting skills. It is a partner work class designed to teach you how to spar and breaking it down into components and scenarios. Beginners should have at least one month's training and ask a coach if you are ready. This class is also great for any level as it will always enhance your basics and defences. Level 1 people need to do this class to grade to Level 2 and be invited to Level 2 classes. This class is the step to learn and do sparring.

INTERMEDIATE CLASSES > These classes are for people who are graded to Level 1. You may be invited before grading if you are ready or have previous and valid experience. These classes are at a faster pace, with more interactive concepts to ensure your skills are applicable and your fitness is solid. They often include pad work, partner drills, sparring and great fitness.

ADVANCED CLASSES > Requires grading to Level 2 or you may be invited when you are experienced at Level 1. These classes are always more intense, more exciting, and will constantly develop your skills, fitness, and mental fortitude. If you are unsure if you are ready – just ask. These classes include parring and pad work as routine with solid partner drills and real contact.

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 strength training, cardio training, kettle bells, barbell, 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. These are great classes to add to your program, and they are guaranteed to make you stronger.

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 as 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 and practical martial arts that work, and kids learn to hit, get hit & the fitness is hard.

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. We develop everyone through the grading system and build everyone up to be able to spar competently.