

PHOENIX 2026 TRIAL WEEK

From: 20 March 2026

If you are 5 min early you are 3 minutes late.

Be ready for the start of the class!



Reception & Shop Hours

Mon – Thurs: 3:00pm to 8:00pm

Friday: For Classes only

Saturday 8:00am – 12:00pm

Own training is available during opening hours but must be outside of scheduled classes

Ph: (02) 6152 8033

THE TRIAL WEEK PROGRAM MUAYTHAI - FITNESS – KICKBOXING - MARTIAL ARTS WITH GRIT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	Some classes have a start time while previous class is still on. This is to ensure you are ready for your class time. Get your equipment & be ready, before formal class coaching commences
Adult Classes (Every day except Public Holidays – For 15 years+)					
5:30pm – 6:00pm Technique Development Just skills > no fitness 5:50pm – 6:45pm Muay Thai Fit An action class combining Muay Thai skills with fitness. (CLASS STARTS GEARED UP PROMPTLY AT 6:00PM)	7:00pm – 8:00pm Beginner & Intermediate Technique Development & Partner Work (Beginner & level 1)	5:30pm – 6:00pm Technique Development Just skills > no fitness 5:50pm – 6:45pm Muay Thai Fit An action class combining Muay Thai skills with fitness. (CLASS STARTS GEARED UP PROMPTLY AT 6:00PM)	7:00pm – 8:00pm Beginner & Intermediate Technique Development & Partner Work (Beginner & level 1)	9:30am – 10:30am Beginner Class Technique Development & Partner Work (Beginner & level 1)	

When you become a member, other class option become available including morning classes, Friday class and Strength & Conditioning training.

- **Personal Training Available** Book at reception or email
- **24hr Access Available** With all adult memberships

PHOENIX CLASS DESCRIPTIONS FOR TRIAL WEEKS – 2 March 26

www.muaythaibyphoenix.com.au info@muaythaibyphoenixgym.com.au

HOW DO I START? > To start go to: 'How to start' under Membership > @ muaythaibyphoenix.com.au or email or visit PHOENIX for a chat. **To see if Phoenix is for you, we do ONE WEEK trial.** Please register on the web page or drop into Phoenix. At first, it may feel like jumping onto a moving tram, grabbing the rail to hang on, but you don't want to let go because you won't get where you want to. A week trial will allow you to give it a solid go and feel comfortable being on the tram. We lend you the gear until you join.

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. Muay Thai at Phoenix is unique. Although we understand that most people train for recreation, fitness and stress release, we still coach you to be a fighter and to be able to look after yourself. We have the highest standards of competence, technique, fitness and work ethic in all classes. We teach with modern coaching principles and follow a 'what works' principle. Phoenix has over 28 years' experience getting people started and building people through our rigorous training system. Our training is a medium for a great life and builds character.

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 1 min 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 & INTERMEDIATE CLASSES > These classes are for everyone to get started in and are suitable for new people. They are technique & fitness development They will include: a solid warm up, skill work, partner work, & fitness. 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. This timeslot is for new people up to people graded to Level 1.

MUAY THAI TECHNIQUE > This is a special time to work on technique slowly and deliberately. Enjoy improving your technique with specific guidance in the mirror and on the bag. There is no fitness, no warmup, no intensity, just skill training.

MUAY THAI FIT > This class is a face paced skill-based workout. This class is what people need to build skills and the sport specific fitness they need to do Muay Thai. The class is all output but still with time for quality instruction. The focus is on doing the skills well but keeping it simple with high work rates and loads of free body exercises. Everyone starts geared up, on time and we get into it.