

**PHOENIX 2026  
TRAINING PROGRAM**  
From: 20 April 2026



**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  
24-hour access available for adults  
Ph: (02) 6152 8033

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 - FITNESS – KICKBOXING - MARTIAL ARTS WITH GRIT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:05am – 6:55am</b> <b>Strength &amp; Conditioning</b> (16+ Welcome) [Always Bring Runners]		<b>6:05am – 6:55am</b> <b>Strength &amp; Conditioning</b> (16+ Welcome) [Always Bring Runners]	<b>24 hr Access is available!</b>	<b>8:00am – 9:20am</b> <b>Strength &amp; Conditioning</b> (16+ Welcome) [Always Bring Runners]
<b>4:30pm Kids/Teenager Classes</b> (During ACT Public School Holidays – Classes remain the same!) Turn up early and be ready to go by 4:30pm. We start on time, every time and enforce punctuality.					
<b>4:00pm – 4:30pm – Technique Development &gt;&gt; Skill practice and development</b>					
<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years Beginner ----- <b>4:30pm – 5:55pm</b> Warriors 11 – 15 years Intermediate (L4+)	<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years Beginner & Intermediate	<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years Beginner ----- <b>4:30pm – 5:55pm</b> Warriors 11 – 15 years Intermediate (L4+)	<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years Beginner & Intermediate	<b>Friday Fighters</b> Run Mt Ainslie or Majura &/or 12 by 3 rounds bag smash and strength.	<b>9:30am – 10:30am</b> <b>Beginner Class</b> Technique Development & Partner Work (Beginner & level 1) <b>9:30am – 10:30am</b> Warriors 11 – 15 years
<b>Adult Classes (Every day except Public Holidays – For 14 years+)</b>					<b>10:15am – 12:00pm</b> (starts with a group run) <b>Muay Thai Int/Adv Class</b> All the good stuff! Sparring/clinch/fitness/pads (Level 1 Minimum) ----- <b>10:00pm – 12:00pm</b> <b>Fighters</b>
<b>5:30pm – 6:00pm</b> Technique Development Just skills > no fitness		<b>5:30pm – 6:00pm</b> Technique Development Just skills > no fitness			
<b>5:50pm – 6:45pm</b> <b>Muay Thai Fit</b> An action class combining Muay Thai skills with fitness. Beginner Focused but Suitable 4 Everyone	<b>5:30pm – 7:20pm</b> <b>Muay Thai Advanced Class</b> (Adv Level 1 & above)	<b>5:50pm – 6:45pm</b> <b>Muay Thai Fit</b> An action class combining Muay Thai skills with fitness. Beginner Focused but Suitable 4 Everyone	<b>5:30pm – 7:00pm</b> <b>Muay Thai Pad Work &amp; Clinch</b> (Level 1 minimum)		
<b>6:45pm – 7:45pm</b> <b>Muay Thai Pad Work</b> (Level 1 minimum)	<b>7:00pm – 8:00pm</b> <b>Beginner &amp; Intermediate</b> Technique Development & Partner Work (Beginner & level 1) Class Extension <b>8:00pm – 8:25pm</b> <b>Pad Work</b>	<b>6:45pm – 7:45pm</b> <b>Sparring Development</b> (Level 1 minimum or invite)	<b>6:30pm – 7:00pm</b> <small>PREQUEL TO THE 7:00PM CLASS</small> <b>Muay Thai Close range</b> Clinching/knees/elbow		
<b>7:45pm – 8:25pm</b> <b>Free Clinching</b> (Just Clinch)		<b>7:20pm – 8:25pm</b> <b>Strength &amp; Conditioning</b> [Always Bring Runners] (you must warm up EFFECTIVELY for 10 minutes prior to the workout)	<b>7:00pm – 8:00pm</b> <b>Beginner &amp; Intermediate</b> Technique Development & Partner Work (Beginner & level 1) Class Extension <b>8:00pm – 8:25pm</b> <b>Circuit Fitness</b>	<b>CLASS START TIMES NOTE:</b> 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 wraps on, say hi to your buddies and be ready, before formal class coaching commences.	
<b>7:35pm – 8:25pm</b> <b>Strength Work</b> (you must warm up EFFECTIVELY for 10 minutes prior to the workout)					
<b>6:30pm – 8:30pm</b> <b>Fighters</b> +6km XC/Hills	<b>5:30pm – 7:30pm</b> <b>Fighters</b> +3km flat out	<b>6:30pm – 8:30pm</b> <b>Fighters</b> +6km cruise	<b>5:30pm – 7:00pm</b> <b>Fighters</b> +Sprints		

[www.muaythaibyphoenix.com.au](http://www.muaythaibyphoenix.com.au)    [info@muaythaibyphoenixgym.com.au](mailto:info@muaythaibyphoenixgym.com.au)

**Personal Training Available** Book at reception or email

## PHOENIX CLASS DESCRIPTIONS – 20 April 26

**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.

**SPARRING CLASSES** > **Wednesday** is a casual sparring session to be done after the Muay Thai Fit or before conditioning or it can be a standalone session. Wednesday is the best place to learn and start sparring. If you are not Level 1 and want to try, just ask a coach. **Saturday** is a class focused on sparring, clinching and solid pads or fitness. It is the most exciting and action-packed class of the week.

**INTERMEDIATE CLASSES/PAD WORK** > 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 focus on pad work and sport specific fitness.

**ADVANCED CLASSES** > Requires grading to Advanced Level 1 or you may be invited when you are experienced at Level 1 and routinely doing the sparring classes. 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 sparring with solid partner drills and realistic contact.

**FIGHTING FIT** > This class is a solid workout to finish the work week. Combines strength & conditioning with bag/shield work.

**STRENGTH & CONDITIONING** > To be Phoenix Fit means you love a hard workout. These classes can be done as an extension to your Muay Thai or standalone workouts. The variety of these classes makes it impossible to define if they are HIIT, circuit, strength development or just gut-wrenching workouts. Workouts include strength & cardio, kettle bells, barbells, assault bikes, SLEDS, runs, smashing balls and abs until you vomit. These classes are DO THE WORKOUT style, so you must be early to learn the class format.

**WARRIORS PROGRAM** > This is our successful children's program for kids 11 to 15 years. This is a junior 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 must earn your achievements. Classes are strict, demanding and effort is expected and enforced. It is a graded program but there are no certificates for turning up. It is a contact sport, and the classes are physical in a developmental way. Our program is practical and we do what works in 'reality' not just in the gym. Kids learn to hit, get hit & the fitness is hard. We teach kids to fight so they don't have to. Classes are strict, loud and full of energy.

**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.

**CLINCHING** > Free Clinching. Just clinch to improve and learn clinching.