

**PHOENIX 2026  
TRAINING PROGRAM**  
From: Saturday 6 June 2026



**Reception & Shop Hours**  
Mon – Thurs: 4:00pm to 8:00pm  
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 or Anthony on 0408 570 961

**Be punctual and ready for the start of class or you will get hassled!**

**THE SPIRIT OF A WARRIOR  
MUAYTHAI - FITNESS – KICKBOXING - MARTIAL ARTS WITH GRIT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		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>8:00am – 9:15am</b>  <b>Strength &amp; Conditioning</b> (16+ Welcome) [Always Bring Runners]
<b>4:30pm Warrior Classes</b> (There are NO Warrior Classes in School Holidays (Warrior's can join into Adult Classes))					<b>10:00am – 11:00am</b> [Always Bring Runners] <b>Muay Thai by Phoenix</b> Skill, Fitness & Effort <b>ALL LEVELS &amp; ALL AGES</b>
<b>4:30pm – 5:25pm</b>  <b>Warriors</b> 11 – 15 years	<b>4:30pm – 5:25pm</b>  <b>Warriors</b> 11 – 15 years	<b>4:30pm – 5:25pm</b>  <b>Warriors</b> 11 – 15 years	<b>4:30pm – 5:25pm</b>  <b>Warriors</b> 11 – 15 years		
<b>5:30pm – 6:00pm - All Ages Combined Training</b>					<b>10:00am – 12:00pm</b>  <b>INTERMEDIATE / ADVANCE</b> Partner Work / Sparring / Fitness  10:00am > Everyone Runs 10:10am > Shadow/Skill Work 10:20am > Partner Work/Pads 11:00am > Beginner's Finish 11:00am > Sparring
<b>5:30pm – 6:00pm</b>  <b>Casual Sparring</b> Or pad/bag Work Extension to Warrior class or prequel to 6:00pm class	<b>5:30pm – 6:00pm</b>  <b>Pad/bag Work</b> Extension to Warrior class or prequel to 6:00pm class	<b>5:30pm – 6:00pm</b>  <b>Casual Sparring</b> Or pad/bag Work Extension to Warrior class or prequel to 6:00pm class	<b>5:30pm – 6:00pm</b>  <b>Pad/bag Work</b> Extension to Warrior class or prequel to 6:00pm class		
<b>6.00pm – 7.00pm - Adult Classes (15+ Years + Warriors Graded Level 4+ Welcome)</b>					
<b>6:00pm – 7:00pm</b>  <b>Muay Thai by Phoenix</b> Skill, Fitness & Effort	<b>6:00pm – 7:00pm</b>  <b>Muay Thai by Phoenix</b> Skill, Fitness & Effort	<b>6:00pm – 7:00pm</b>  <b>Muay Thai by Phoenix</b> Skill, Fitness & Effort (+30 min free clinching)	<b>6:00pm – 7:00pm</b>  <b>Muay Thai by Phoenix</b> Skill, Fitness & Effort		
<b>7:00pm – 7:30pm</b>  Class Extension <b>Pad Work</b>	<b>7:00pm – 7:30pm</b>  Class Extension <b>Sparring</b>	<b>7:00pm – 8:00pm</b>  <b>Strength &amp; Conditioning</b>	<b>7:00pm – 7:30pm</b>  Class Extension <b>Mystery Flight</b>		

**EVERYONE SHOULD READ**

**Classes will vary every day, but will include skill development, partner work, pad work, clinching, fitness, bag work, challenges and everything you need to have a great time.**

Classes are ALL LEVEL and will be structured based on each participant's level.

**Classes may be split or combined depending on participant capability.**

Classes will be at a pace suitable for the level of the group.

**CLASS EXTENSIONS: These are for graded people, but anyone can be invited people.**

**If you want to stay for more training, just ask.**

**PHOENIX CLASS DESCRIPTIONS – From Saturday 6 June 2026**

**CLASS FORMAT:** Each class is programmed, structured and designed to challenge and develop you, every day. You will go home feeling better! Classes start on time and punctuality as a member is essential.

Classes are for all levels and will be great for everyone. Despite your experience, the class will cater for you. Everyone will benefit from having more experienced people to work with and every experienced person will benefit from developing critical basics. For 25 years, we split classes by level for specific development, however the coaching system, coaching experience and Phoenix teamwork allows for a more dynamic system and exciting classes for everyone. Beginners will have the same attention as in Beginner classes with an experienced coach guiding them and more experienced students mentoring them. Intermediate students will have the same faster pace training they are used to with more people to work with. Phoenix teamwork will enhance everyone.

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 high 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 30 years' experience coaching and building people through our rigorous training system.

[www.muaythaibyphoenix.com.au](http://www.muaythaibyphoenix.com.au)

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