

**TRIAL WEEK**  
**For Juniors 11-15 years**  
**From: Tuesday 9 June 2026**  
**Be ready for the start of the class!**



**Reception & Shop Hours**  
 Mon – Thurs: 4:00pm to 8:00pm  
 Saturday 8:00am – 12:00pm  
 Ph: (02) 6152 8033 or 0408 570 961

- Children 11+ Years can do a One Week Trial in classes suitable for their level before joining.
- You can start you trial on a Monday, Tuesday, Wednesday or Thursday.
- During this week you can become a member anytime, but we don't charge you until the trial week finishes.
- We lend you the gear you need BUT YOU MUST purchase a starter pack to be a member.

**THE TRIAL WEEK PROGRAM – For Children 11-15 Years**  
**MUAYTHAI - FITNESS – KICKBOXING - MARTIAL ARTS WITH GRIT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
<b>Adult Classes (Every Day Except Public Holidays – For 15 years+)</b>					<b>BE EARLY</b> for class because you can not start late!
<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years  Junior Muay Thai by Phoenix	<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years  Junior Muay Thai by Phoenix	<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years  Junior Muay Thai by Phoenix	<b>4:30pm – 5:25pm</b> Warriors 11 – 15 years  Junior Muay Thai by Phoenix	The 10:00am Saturday Class is available for members only.	
<b>When you become a member, other class options become available.</b>					

**PHOENIX CLASS DESCRIPTIONS FOR TRIAL WEEKS – From Monday 8 June 26**

[www.muaythaibyphoenix.com.au](http://www.muaythaibyphoenix.com.au)    [info@muaythaibyphoenixgym.com.au](mailto: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 welcome 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 30 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 (& happier) 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.

**WARRIORS PROGRAM** > This is our successful children's program for kids 11 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 is 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 martial arts that work, and kids learn to hit & get hit. It is a 'keep up' program not suitable for lazy, precious kids.

**JUNIOR PROGRAMS BASED ON LEVEL, APTITUDE, FITNESS AND CAPABILITY.** Phoenix trains Muay Thai for fitness, self-defence, competition and character development. All our classes are designed to build character, develop resilience and make you mentally and physically stronger. We aim to build every member into someone that is Fitter, faster, stronger and tougher >> together. For children 11 years and above we have found that most participants develop better skills, fortitude and character, when training in classes with other more experienced juniors. We are experienced at ensuring everyone has a great session in safe environment but strict and driven environment. We partner people by age, level and size and often split and structure classes to benefit everyone that is there for the time slot.