

PHOENIX 2026 TRIAL WEEK

From: Tuesday 9 June 2026

Youth 14+ Years & Adults



Reception & Shop Hours

Mon – Thurs: 4:00pm to 8:00pm

Saturday 8:00am – 12:00pm

Ph: (02) 6152 8033 or 0408570961

Be ready for the start of the class!

- Adult & Youth 14 + Years can do a One Week Trial in classes suitable for their level before joining.
- You can start your trial on a Monday, Tuesday, Wednesday, Thursday.
- We will lend you the gear you need during your trial week.
- During this week you can join as a member anytime but we don't charge you until the trial week finishes.
- You MUST purchase a starter pack to be a member to ensure you have the correct equipment.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
Adult Classes (Every Day Except Public Holidays)					BE EARLY for class because you can not start late!
6:00pm – 7:00pm Muay Thai by Phoenix Skill, Fitness & Effort	6:00pm – 7:00pm Muay Thai by Phoenix Skill, Fitness & Effort	6:00pm – 7:00pm Muay Thai by Phoenix Skill, Fitness & Effort (+30 min free clinching)	6:00pm – 7:00pm Muay Thai by Phoenix Skill, Fitness & Effort	10:00am – 11:00am [Always Bring Runners] Muay Thai by Phoenix Skill, Fitness & Effort ALL LEVELS & ALL AGES	

When you become a member, other class options become available including other time slots, morning fitness classes, and strength & conditioning training.

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

PHOENIX CLASS DESCRIPTIONS FOR TRIAL WEEKS – From Monday 8 June 2026

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. A week trial will allow you to give it a solid go and feel comfortable being on the tram and enjoying Phoenix.

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 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.

SHOULD I START? > mmm, I don't know if you should! Phoenix trains hard and has a high level of integrity in all training. We are not a drop-in fitness centre or suitable for vain people that want to film themselves for Instagram. We are nice, friendly, normal people but we don't bend to your needs or beliefs. You are joining Phoenix and that's a privilege. We coach you to improve and ensure you know what you are doing, for reality, not for your member fees. We won't fill you with platitudes and don't exist for your whims. We won't teach you to 'look like' you know how to fight, to look good on the bag and tell your mates you do Muay Thai. We will teach you to fight and how to toughen up and cope with being punched in the face. This takes learning to work hard, to suffer, and to get hit without being a sook. We don't care about your excuses. We won't compliment you, hug you or be your Mum. We will teach you to be responsible for yourself and to be proud. Most people quit because it is too hard and that will probably be you, unless you seriously want to be tougher mentally and physically. We don't know how long we will be open for, but you don't know how long you were going to be here for either. If you still want to try the Phoenix way, then just jump in. We will give you a memorable time and teach you lifelong skills regardless of how long it lasts.