

WANDA

BOXING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:15							CLOSED
07:15 - 07:30	BULLET BOXING 7:15am - 7:45am	FIGHTER FIT 7:15am - 8am		FIGHTER FIT 7:15am - 8am			
07:30 - 07:45	CONDITIONING 7:45am - 8:15am						
07:45 - 08:00							
08:00 - 08:15							
08:15 - 08:30							
08:30 - 08:45						FIGHTER FIT 8:30am - 9:15am	
08:45 - 09:00							
09:00 - 09:15							
09:15 - 09:30	FIGHTER FIT 9am - 9:45am	FIGHTER FIT 9am - 9:45am	TECHNIQUE & SKILLWORK 9am - 9:45am	POWER PADS 9am - 9:45am	FIGHTER FIT 9am - 9:45am		
09:30 - 09:45							
09:45 - 10:00			CONDITIONING 9:45am - 10:15am		CONDITIONING 9:45am - 10:15am	TECHNIQUE & SKILLWORK 9:30am - 10:15am	
10:00 - 10:15							
10:15 - 10:30							
10:30 - 10:45			FIGHTER FIT 10:15am - 11am		TECHNIQUE & SKILLWORK 10:15am - 11am	JUNIOR 10:30am - 11:15am	
10:45 - 11:00							
11:00 - 11:15							
11:15 - 11:30							
11:30 - 11:45							
11:45 - 11:30							
12:00 - 12:15						FIGHTER FIT 11:45am - 12:30pm	
12:15 - 12:30	FIGHTER FIT 12pm - 12:45pm	TECHNIQUE & SKILLWORK 12pm - 12:45pm	POWER PADS 12pm - 12:45pm	TECHNIQUE & SKILLWORK 12pm - 12:45pm	FIGHTER FIT 12pm - 12:45pm		
12:30 - 12:45							
12:45 - 13:00	BULLET BOXING 12:45pm - 1:15pm	CONDITIONING 12:45pm - 1:15pm	BULLET BOXING 12:45pm - 1:15pm	CONDITIONING 12:45pm - 1:15pm	BULLET BOXING 12:45pm - 1:15pm		
13:00 - 13:15							
13:00 - 14:00						SPARRING 1pm - 2pm	
14:00 - 15:00							
15:00 - 16:15							
16:15 - 16:45							
16:45 - 17:15			JUNIOR 4:15pm - 5pm		JUNIOR 4:15pm - 5pm		
17:15 - 17:45	FIGHTER FIT 5:15pm - 6pm	TECHNIQUE & SKILLWORK 5:15pm - 6pm	POWER PADS 5:15pm - 6pm	TECHNIQUE & SKILLWORK 5:15pm - 6pm	FIGHTER FIT 5:15pm - 6pm		
17:45 - 18:00							
18:00 - 18:30	POWER PADS 6:15pm - 7pm	FIGHTER FIT 6:15pm - 7pm	FIGHTER FIT 6:15pm - 7pm	POWER PADS 6:15pm - 7pm		CLOSED	
18:30 - 19:00							
19:00 - 19:30	TECHNIQUE & SKILLWORK 7pm - 7:45pm	POWER PADS 7pm - 7:45pm	TECHNIQUE & SKILLWORK 7pm - 7:45pm	FIGHTER FIT 7pm - 7:45pm	COACH & MEMBER TRAINING 6:30pm - 8pm		
19:30 - 19:45							
19:45 - 20:15	FIGHTER FIT 7:45pm - 8:30pm	TECHNIQUE & SKILLWORK 7:45pm - 8:30pm	FIGHTER FIT 7:45pm - 8:30pm	TECHNIQUE & SKILLWORK 7:45pm - 8:30pm			
20:15 - 20:30							
20:30 - 22:00							

NOTES

Class will start on time. Anyone more than 10 minutes late will be unable to partake in a class.

WANDA

MUAY THAI

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:15 - 07:45			CONDITIONING 7.15am - 8.15am		CONDITIONING 7.15am - 8.15am		CLOSED
07:45 - 08:15							
08:15 - 08:30							
08:30 - 10:00							
10:00 - 10:30	TECHNIQUE 10am - 10.45am	CONDITIONING 10am - 10.45am	TECHNIQUE 10am - 10.45am	CONDITIONING 10am - 10.45am	TECHNIQUE 10am - 10.45am	CONDITIONING 10am - 10.45am	
10:30 - 11:00							
11:00 - 11:30						DRILL & SPARRING 11am - 11.45pm	
11:30 - 12:00							
12:00 - 12:30	SWEAT EXPRESS 12pm - 12.30pm	SWEAT EXPRESS 12pm - 12.30pm	SWEAT EXPRESS 12pm - 12.30pm	SWEAT EXPRESS 12pm - 12.30pm	SWEAT EXPRESS 12pm - 12.30pm	SWEAT EXPRESS 12pm - 12.30pm	
12:30 - 13:00	CONDITIONING 12.45pm - 1.30pm	TECHNIQUE 12.45pm - 1.30pm	CONDITIONING 12.45pm - 1.30pm	TECHNIQUE 12.45pm - 1.30pm	CONDITIONING 12.45pm - 1.30pm	JUNIOR 12.30pm - 1.15pm	
13:00 - 13:30							
13:30 - 14:00							
14:00 - 15:00							
15:00 - 16:15							
16:15 - 16:45							
16:45 - 17:15		JUNIOR 4.15pm - 5pm		JUNIOR 4.15pm - 5pm			
17:15 - 17:30							
17:30 - 18:00	CONDITIONING 5.30pm - 6.15pm	SWEAT EXPRESS 5.30pm - 6pm	CONDITIONING 5.30pm - 6.15pm	SWEAT EXPRESS 5.30pm - 6pm	CONDITIONING 5.30pm - 6.15pm	CLOSED	
18:00 - 18:30	SWEAT EXPRESS 6.30pm - 7pm	DRILL / SPARRING 6.15pm - 7pm	SWEAT EXPRESS 6.30pm - 7pm	TECHNIQUE 6.15pm - 7pm	SWEAT EXPRESS 6.30pm - 7pm		
18:30 - 19:00							
19:00 - 19:15							
19:15 - 19:30	DRILL / SPARRING 7.15pm - 8pm	SWEAT EXPRESS 7.15pm - 7.45pm	TECHNIQUE 7.15pm - 8pm	SWEAT EXPRESS 7.15pm - 7.45pm		COACH & MEMBER TRAINING 7.15pm - 9pm	
19:30 - 19:45							
19:45 - 20:00							
20:00 - 20:15							
20:15 - 20:30	SWEAT EXPRESS 8.15pm - 8.45pm	CONDITIONING 8pm - 8.45pm	SWEAT EXPRESS 8.15pm - 8.45pm	CONDITIONING 8pm - 8.45pm			
20:30 - 20:45							
20:45 - 21:00	PARTNER PAD 8.45pm - 9.15pm	SKILL WORK 8.45pm - 9.15pm	CLINCHING 8.45pm - 9.15pm	SPARRING 8.45pm - 9.15pm			
21:00 - 21:15							
21:15 - 22:00							

NOTES

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