

Vanda Boxing Club Schedule

Havelock Road - MUAY THAI

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:30	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	CLOSED	CLOSED
07:30 - 08:00							
08:00 - 08:30							
08:30 - 09:00							
09:00 - 09:30	GROUP CLASS	GROUP CLASS	GROUP CLASS	GROUP CLASS & LADIES CLASS	GROUP CLASS	GROUP CLASS	
09:30 - 10:00							
10:00 - 10:30	GROUP CLASS	GROUP CLASS	GROUP CLASS	GROUP CLASS & LADIES CLASS	GROUP CLASS	GROUP CLASS	
10:30 - 11:00							
11:00 - 11:30	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	GROUP CLASS	
11:30 - 12:00							
12:00 - 12:30	ASSISTED TRAINING	ASSISTED TRAINING	ASSISTED TRAINING	ASSISTED TRAINING	ASSISTED TRAINING	SELF TRAINING / PRIVATE TRAINING	
12:30 - 13:00							
13:00 - 13:30						KIDZ ACADEMY (9 - 11 yrs old)	
13:30 - 14:00							
14:00 - 14:30	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	KIDZ ACADEMY (12 - 14 yrs old)	
14:30 - 15:00							
15:00 - 15:30							
15:30 - 16:00							
16:00 - 16:30			KIDZ ACADEMY (open)				
16:30 - 17:00							
17:00 - 17:30	INTERMEDIATE CLASS	BEGINNERS CLASS & ZIG ZACH CLASS	INTERMEDIATE CLASS	BEGINNERS CLASS & ZIG ZACH CLASS	INTERMEDIATE CLASS	CLOSED	
17:30 - 18:00							
18:00 - 18:30	INTERMEDIATE CLASS	BEGINNERS CLASS & ZIG ZACH CLASS	INTERMEDIATE CLASS	BEGINNERS CLASS & ZIG ZACH CLASS	INTERMEDIATE CLASS	CLOSED	
18:30 - 19:00							
19:00 - 19:30	INTERMEDIATE CLASS	BEGINNERS CLASS & ZIG ZACH CLASS	INTERMEDIATE CLASS	BEGINNERS CLASS & ZIG ZACH CLASS	SPARRING / INTERMEDIATE CLASS	CLOSED	
19:30 - 20:00							
20:00 - 20:30							
20:30 - 21:00							
21:00 - 21:30						CLOSED	
21:30 - 22:00							

Havelock Road - BOXING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:00 - 07:30	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	CLOSED	CLOSED	
07:30 - 08:00								
08:00 - 08:30								
08:30 - 09:00	LADIES CLASS	BOXING CLASS		BOXING CLASS	LADIES CLASS			SELF TRAINING / PRIVATE TRAINING
09:00 - 09:30								
09:30 - 10:00								
10:00 - 10:30	LADIES CLASS	BOXING CLASS		BOXING CLASS	LADIES CLASS			KIDZ ACADEMY (4 - 8 yrs old)
10:30 - 11:00								
11:00 - 11:30								
11:30 - 12:00	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING			
12:00 - 12:30	ASSISTED TRAINING	ASSISTED TRAINING & SPARRING	ASSISTED TRAINING	ASSISTED TRAINING & SPARRING	ASSISTED TRAINING	SELF TRAINING / PRIVATE TRAINING		
12:30 - 13:00								
13:00 - 13:30								
13:30 - 14:00								
14:00 - 14:30	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	KIDZ ACADEMY (12 - 14 yrs old)		
14:30 - 15:00								
15:00 - 15:30								
15:30 - 16:00			KIDZ ACADEMY (open)					
16:00 - 16:30								
16:30 - 17:00								
17:00 - 17:30			SELF TRAINING / PRIVATE TRAINING					
17:30 - 18:00								
18:00 - 18:30								
18:30 - 19:00	WCB TRAINING	BOXING CLASS	WCB TRAINING	BOXING CLASS	SPARRING / INTERMEDIATE CLASS	CLOSED		
19:00 - 19:30								
19:30 - 20:00	BOXING CLASS	BOXING CLASS	BOXING CLASS	BOXING CLASS				
20:00 - 20:30								
20:30 - 21:00	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING			
21:00 - 21:30								
21:30 - 22:00								

Notes

Classes will start on time - if you are more than 10 minutes late, you will not be able to attend that class

Assisted Training - not a class, and trainers will assist with padwork

1st Trials are only held on Tuesday and Thursday evenings

Classes may be changed at anytime - due to any reason

Turf City

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:30	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	SELF TRAINING / PRIVATE TRAINING	CLOSED	CLOSED
07:30 - 08:00						WCB TRAINING	
08:00 - 08:30			LADIES CLASS			BOXING CLASS	
08:30 - 09:00							
09:00 - 09:30							
09:30 - 10:00			SELF TRAINING / PRIVATE TRAINING			SELF TRAINING / PRIVATE TRAINING	
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30							
11:30 - 12:00							
12:00 - 12:30							
12:30 - 13:00							
13:00 - 13:30							
13:30 - 14:00							
14:00 - 14:30							
14:30 - 15:00							
15:00 - 15:30							
15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30							
17:30 - 18:00							
18:00 - 18:30	Youth Boxing	Youth Boxing					
18:30 - 19:00							
19:00 - 19:30							
19:30 - 20:00							
20:00 - 20:30	BOXING CLASS	BOXING CLASS					
20:30 - 21:00							
						CLOSED	

Havelock

Classes will start on time - if you are more than 10 minutes late, you will not be able to attend that class

Assisted Training - not a class, and trainers will assist with padwork

1st Trials are only held on Tuesday and Thursday evenings

Members can train at anytime

Turf City

Members can train at anytime, pending other classes

WCB

WCB participants can only train during designated times