

Vanda Schedule

Havelock Road

	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 MT Female Boxing	Group Class MT	Group Class MT	Group Class MT	Group Class MT Female Boxing	Group & Student Class Amateur Boxing (Youth)	Closed
09:30 - 10:00							
10:00 - 10:30							
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 MT	Kidz Academy
11:30 - 12:00							
12:00 - 12:30	Boxing Class Assisted Level 1	Boxing Class Assisted Level 2	Boxing Class Assisted Level 1	Boxing Class Assisted Level 2	Boxing Class Assisted Level 1	Self Training / Private Training	Closed
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	Group Class MT	Closed
14:30 - 15:00							
15:00 - 15:30	Student Class MT	Student Class MT	Student Class MT	Student Class MT	Student Class MT	Closed	Closed
15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30	Self Training / Private Training	Self Training / Private Training	Self Training / Private Training	Self Training / Private Training	Self Training / Private Training	Closed	Closed
17:30 - 18:00							
18:00 - 18:30	Group Class MT	Group Class MT Boxing 6:30pm & 7:30pm classes	Group Class MT	Group Class MT Boxing 6:30pm & 7:30pm classes	Group Class MT	Closed	Closed
18:30 - 19:00							
19:00 - 19:30	Group Class MT WCB - 7pm start		Group Class MT WCB - 7pm start		Sparring MT & Boxing		
19:30 - 20:00							
20:00 - 20:30							
20:30 - 21:00							
21:00 - 21:30							
21:30 - 22:00							

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												
08:00 - 08:30			Self Training / Private Training			Female Boxing		Self Training / Private Training	Self Training / Private Training	WCB - 8am start	Closed	
08:30 - 09:00												
09:00 - 09:30												
09:30 - 10:00												
10:00 - 10:30												
10:30 - 11:00												
11:00 - 11:30												
11:30 - 12:00												
12:00 - 12:30		Kidz Academy	Self Training / Private Training	Self Training / Private Training	Self Training / Private Training	Mixed Boxing		Closed				
12:30 - 13:00												
13:00 - 13:30		Self Training / Private Training				Self Training / Private Training			Self Training / Private Training	Self Training / Private Training	Self Training / Private Training	Closed
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	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing	Closed						
17:30 - 18:00												
18:00 - 18:30	Mixed Boxing	Mixed Boxing	Mixed Boxing	Mixed Boxing	Mixed Boxing	Closed						
18:30 - 19:00												
19:00 - 19:30												
19:30 - 20:00												
20:00 - 20:30												
20:30 - 21:00												

MT = Muay Thai

Havelock

Members can train at anytime

Turf City

Members can train at anytime, pending other classes

Students

Students can only train at designated times

WCB

WCB participants can only train during designated times