

# VANDA

## B O X I N G

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.15am-8.05am	Tech n Skill	Fighter Fit		Fighter Fit		
8.05am-8.35am	Conditioning					Fighter Fit 8.30am-9.15am
9.15am-10.00am	Tech n Skill	Fighter Fit	Tech n Skill	Fighter Fit	Tech n Skill	Conditioning 9.15am-9.45am
10.00am-10.30am		Bullet Boxing	Conditioning	Bullet Boxing	Conditioning	Tech n Skill 9.45am-10.30am
12.15pm-1.00pm	Fighter Fit	Tech n Skill	Power Pads	Tech n Skill	Fighter Fit	Junior 10.30am-11.15am
1.00pm-1.30pm	Bullet Boxing	Conditioning	Bullet Boxing	Conditioning	Bullet Boxing	Fighter Fit 11.45am-12.45pm
4.15pm-5.00pm			Junior		Junior	Open Sparring 1.00pm-2.00pm
5.15pm-6.15pm	Fighter Fit	Tech n Skill	Power Pads	Tech n Skill	Fighter Fit 5.15pm-6.15pm	
6.15pm-6.45pm	Bullet Boxing	Conditioning	Fighter Fit	Conditioning	Fighter Fit 6.15pm-7.00pm	
6.45pm-7.15pm	Conditioning	Bullet Boxing		Bullet Boxing		
7.15pm-8.15pm	Tech n Skill	Fighter Fit	Tech n Skill	Power Pads	Open Sparring 7.00pm-8.00pm	
8.15pm-8.45pm	Bullet Box	Sparring	Condition	Sparring	Bullet Boxing	Bullet Boxing

NOTE: Class will start on time. Anyone more than 10 minutes late will be unable to partake in a class; We are closed on Sundays

# VANDA

## M U A Y T H A I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30am-8.00am			Bag Burn		Fighter Fit	
8.00am-8.30am			S&C			Fighter Fit 9.30am-10.30am
10.00am-10.45am	Technical	Fighter Fit	Technical	Fighter Fit	Technical	Sparring 10.30am-11.30am
12.15pm-12.45pm	Bag Burn	S&C	Bag Burn	S&C	Bag Burn	Fighter Fit 11.30am-12.30pm
12.45pm-1.30pm	Fighter Fit	Technical Sparring	Fighter Fit	Technical Sparring	Fighter Fit	Junior 12.45pm-1.30pm
4.15pm - 5.00pm		Junior		Junior		
5.30pm-6.15pm	Technical	Fighter Fit	Technical	Fighter Fit	Technical	
6.15pm-6.45pm	Bag Burn	S&C	Bag Burn	S&C	Bag Burn	
6.45pm-7.45pm	Fighter Fit	Technical Sparring	Vanda Combine	Technical Sparring	Road Work	
7.45pm-8.15pm	Bag Burn Sparring	S&C Clinching	Bag Burn Sparring	S&C Clinching	Open Sparring 7.45pm-8.45pm	
8.15pm-9.00pm	Technical Clinching	Fighter Fit	Technical Clinching	Fighter Fit		

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