

Balestier Timetable

<i>Timing - Day</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>			
7.00 - 8.00	Boxing	Open 12.15pm	Boxing	Open 12.15pm	Boxing	Open 8.45am				
8.00 - 9.00	Personal & Self Training		Personal & Self Training		Personal & Self Training			Personal & Self Training	Boxing	Boxing
9.00 - 10.00									Kids Boxing	Kids Boxing
10:15 - 11:15						Boxing	Boxing			
11.15 - 12.15						Boxing	Boxing			
12.30 - 13.30	Boxing	Boxing	Boxing	Strength & Conditioning	Boxing	Close 12.30pm				
13.30 - 14.30	Personal & Self Training	Personal & Self Training	Personal & Self Training	Personal & Self Training	Personal & Self Training					
14.30 - 15.00										
15.00 - 16.00										
16.00 - 17.00										
16:30-17:30	Strength & Conditioning			Strength & Conditioning						
17.30 - 18.30	Boxing	Boxing	Boxing	Boxing	Boxing					
18:30 -19:30	Boxing	Boxing	Boxing	Boxing	Boxing					
19:45 - 20:45	Basic Boxing	7.30-830pm Muay Thai	Basic Boxing	7.30pm Muay Thai	Close 7.30pm					
20.45 - 21.45	Close 9pm									



Highlighted times are group classes with a coach.
 First-timers in boxing are required to attend **Basic Boxing**.
Kids Boxing are great for ages 5 through 11.
 No entry to classes after 10 minutes.

Classes may be subjected to last minute changes - all members will be notified as soon as possible.