

JOO CHIAT TIMETABLE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 08:30AM	GYM OPEN 08:30AM
Intermediate Boxing 07:00AM-07:45AM	Intermediate Boxing 07:00AM-07:45AM	Intermediate Boxing 07:00AM-07:45AM	Intermediate Boxing 07:00AM-07:45AM	Intermediate Boxing 07:00AM-07:45AM		
Intermediate Boxing/Online 08:00AM-08:45AM	Intermediate Boxing/Online 08:00AM-08:45AM	Intermediate Boxing/Online 08:00AM-08:45AM	Intermediate Boxing/Online 08:00AM-08:45AM	Intermediate Boxing/Online 08:00AM-08:45AM		
Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Basic Boxing 09:00AM - 09:45AM	Basic Boxing 09:00AM - 09:45AM
Gym Sanitization 10:00am - 12:15pm	Gym Sanitization 10:00am - 12:15pm	Gym Sanitization 10:00am - 12:15pm	Gym Sanitization 10:00am - 12:15pm	Gym Sanitization 10:00am - 12:15pm	Kids Boxing 10:00AM - 10:45AM	Kids Boxing 10:00AM - 10:45AM
Intermediate Boxing/Online 12:30PM - 13:15PM	Intermediate Boxing/Online 12:30PM - 13:15PM	Intermediate Boxing/Online 12:30PM - 13:15PM	Intermediate Boxing/Online 12:30PM - 13:15PM	Intermediate Boxing/Online 12:30PM - 13:15PM	Intermediate Boxing/Online 11:00AM - 11:45AM	Intermediate Boxing/Online 11:00AM - 11:45AM
Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Gym Sanitization 12:00PM - 12:45PM	Gym Sanitization 12:00PM - 12:45PM
Gym Sanitization 14:30PM - 16:15PM	Gym Sanitization 14:30PM - 16:15PM	Gym Sanitization 14:30PM - 16:15PM	Gym Sanitization 14:30PM - 16:15PM	Gym Sanitization 14:30PM - 16:15PM	Intermediate Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM
Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	FREE TRIAL 14:00PM - 14:45PM	FREE TRIAL 14:00PM - 14:45PM
Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Intermediate Boxing/Online 15:00PM - 15:45PM	Intermediate Boxing/Online 15:00PM - 15:45PM
Intermediate Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM		
Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM		
FREE TRIAL 19:30PM - 20:15PM	FREE TRIAL 19:30PM - 20:15PM	FREE TRIAL 19:30PM - 20:15PM	FREE TRIAL 19:30PM - 20:15PM	FREE TRIAL 19:30PM - 20:15PM	CLOSED 16:00PM	CLOSED 16:00PM
Basic Boxing 20:30PM - 21:15PM	Basic Boxing 20:30PM - 21:15PM	Basic Boxing 20:30PM - 21:15PM	Basic Boxing 20:30PM - 21:15PM	Basic Boxing 20:30PM - 21:15PM		
CLOSED 21:30PM	CLOSED 21:30PM	CLOSED 21:30PM	CLOSED 21:30PM	CLOSED 21:30PM		



Regular Operating Hours:

Weekdays 07:00 AM - 21:30 PM

Weekends 09:00AM - 16:00PM

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

Class	Description
Basic Boxing	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!
Intermediate Boxing	Higher level boxing techniques and tactics. For Spartans who have had some basic boxing or prior experience.
Intermediate Boxing/Online	A High Intensity Interval class that is boxing based. Quick, intense, yet manageable. Good for those looking for a quick and exciting workout.
Kids Boxing	Little Spartans 8-12. Kickstart their active lifestyle!