


Balestier Timetable effective JUNE 2019

<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	Intermediate Boxing		Intermediate Boxing		Basic Boxing	Open 8.45am	Open 8.45am
8.00 - 9.00	Open Gym	Open 12.15pm	Open Gym	Open 12.15pm	Open Gym		
9.00 - 10.00						Basic Boxing	Intermediate Boxing
10:15 - 11:15						Kids Basic Boxing	Kids Basic Boxing
11.15 - 12.15						Intensive Boxing (11:15 to 12:45pm)	Intermediate Boxing
12.30 -13.30	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Basic Boxing	Intermediate Boxing		
13.30 - 14.30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Close 1 pm	Close 1 pm
14.30 - 15.00							
15.00 - 16.00							
16.00 - 17.00							
16:30-17:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
17.30 - 18.30	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing		
18:30 -19:30	Basic Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing		
19:45 - 20:45	Intermediate Boxing	7.30 MuayThai	Basic Boxing	7.30 MuayThai	7.30pm Sparring		
20.45 - 21.45	Fighters	Close 9 pm	Close 9 pm	Close 9 pm	Close 9 pm		
	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 for latecomers exceeding 10 minutes. Classes may be subjected to last minute changes - all members will be notified as soon as possible.						