

# Joo Chiat Timetable Effective July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM OPEN 6:55 AM		GYM OPEN 6:55 AM		GYM OPEN 6:55 AM	GYM OPEN 8:30 AM	GYM OPEN 8:30 AM
Intermediate Boxing 7:00 AM-8:00 AM	GYM OPEN 8:30 AM	Intermediate Boxing 7:00 AM-8:00 AM	GYM OPEN 8:30 AM	Intermediate Boxing 7:00 AM-8:00 AM	Kids Beginners Boxing 9:00AM-10:00 AM	Intermediate Boxing 9:00 AM-10:00 AM
Personal & Self Training 8:00AM-12:00PM		Ladies Boxing 9:30 AM-10:30 AM		Personal & Self Training 8:00 AM-12:00 PM		
	Personal & Self Training 10:30 AM-12:00 PM	Personal & Self Training 10:30 AM-12:00PM	Personal & Self Training 10:30 AM-12:00PM		Basic Boxing 11:15 AM-12:15 PM	Basic Boxing 11:15 AM-12:15 PM
Intermediate Boxing 12:30 PM-13:30 PM	Intermediate Boxing 12:30 PM-13:30 PM	Intermediate Boxing 12:30 PM-13:30 PM	Intermediate Boxing 12:30 PM-13:30 PM	Intermediate Boxing 12:30 PM-13:30 PM	HIIT Boxing 12:30PM-13:30PM	Intermediate Boxing 12:30 PM-13:30 PM
Personal & Self Training 13:45 PM-17:00 PM	Personal & Self Training 13:45 PM-15:45 PM	Personal & Self Training 13:45 PM-16:00 PM	Personal & Self Training 13:45 PM-15:45 PM	Personal & Self Training 13:45 PM-17:00 PM	Intensive Boxing Training & Strength and Conditioning 13:30 PM-15:30 AM	
	Kids Boxing 16:00 PM-17:00 AM	Strength and Conditioning 16:30 PM-17:30 AM	Kids Boxing 16:00 PM-17:00 AM		Fighters Team (Only Fighters) 15:00 PM to 17:00 PM	
Intermediate Boxing 17:30 PM-18:30 PM	Intermediate Boxing 17:30 PM-18:30 PM	Intermediate Boxing 17:30 PM-18:30 PM	Intermediate Boxing 17:30 PM-18:30 PM	Intermediate Boxing 17:30 PM-18:30 PM	Closed 14:30 PM	Closed 15:00 PM
Basic Boxing 18:30 PM -19:30 PM	Intermediate Boxing 18:30 PM-19:30 PM	Basic Boxing 18:30 PM -19:30 PM	Intermediate Boxing 18:30 PM-19:30 PM	Basic Boxing 18:30 PM- 19:30 PM		
Strength and Conditioning 19:45PM-20:45PM	Basic Boxing 19:45 PM -20:45 PM	Partner Pads 19:45PM-20:45PM	Basic Boxing 19:45 PM -20:45 PM	Technique Boxing 19:45 PM-20:45 PM		
Intermediate Boxing 20:45 PM-21:45 PM	Adance Boxing Sparring 20:45PM-21:45PM	Fighters Team Boxing Training 20:45 PM-21:45 PM	Adance Boxing Sparring 20:45PM-21:45PM			
Closed 22:30 PM	Fighters Team Boxing Sparring 21:00 PM to 22:00 PM	Closed 22:30 PM	Fighters Team Boxing Sparring 21:00 PM to 22:00 PM	Closed 21:30 PM		
	Closed 22:30 PM		Closed 22:30 PM			

\*Sparring sessions are voluntary, members who do not wish to take part may still attend the boxing lesson as per normal

\*\* In the event of bad weather, the class will be held at the gym

Regular opening hours:

Mon, Wed, = 7am - 10.30pm

Tues, Thurs = 9am - 10.30pm

Sat = 8:30am - 15:00pm , Sun = 8:30am - 14:30pm

Fri= 7am - 9:30pm

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

