

Balestier Timetable effective JULY 2019

Timing - Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00	Intermediate Boxing		Intermediate Boxing		Basic Boxing	Open 8.45am	Open 8.45am
8.00 - 9.00	Open Gym (PT & self training)	Open 12.15pm	Open Gym (PT & self training)	Open 12.15pm	Open Gym (PT & self training)	Basic Boxing	HIIT Boxing
9.00 - 10.00							
10:15 - 11:15							
11.15 - 12.15							
12.30 -13.30	HIIT Boxing	Intermediate Boxing	Intermediate Boxing	Basic Boxing	Intermediate Boxing	(11:15 to 12:30pm)	15 min Intensive Boxing
13.30 - 14.30	Open Gym (PT & self training)	Open Gym (PT & self training)	Open Gym (PT & self training)	Open Gym (PT & self training)	Open Gym (PT & self training)	Close 1 pm	Close 1 pm
14.30 - 15.00							
15.00 - 16.00							
16.00 - 17.00							
16:30-17:30							
17.30 - 18.30	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Intermediate Boxing	HIIT Boxing		
18:30 -19:30	Basic Boxing	Intermediate Boxing	HIIT Boxing	Partner Pads	Intermediate Boxing		
19:45 - 20:45	Intermediate Boxing	Technique Boxing	Basic Boxing	HIIT	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.