

Downtown East Timetable Effective January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM OPEN 6:30AM	GYM OPEN 9:00AM	GYM OPEN 6:30AM	GYM OPEN 9:00AM	GYM OPEN 6:30 AM	GYM OPEN 9:00AM	GYM OPEN 9:00AM
C.O.W / Open Gym 6:30AM - 6:45AM		C.O.W / Open Gym 6:30AM - 6:45AM		Circuit / Open Gym 6: 30AM - 6:45AM		
Basic Boxing 6:45AM - 7:30AM		Intermediate Boxing 6:45AM - 7:30AM		Basic Boxing 6:45AM - 7:30AM		
C.O.W / Open Gym 7:30AM - 09:00AM		C.O.W / Open Gym 7:30AM - 09:00AM		C.O.W / Open Gym 7:30AM - 09:00AM		
CLOSED 9:00AM- 12:00PM	Ladies Boxing 9:00AM - 10:00AM	CLOSED 9:00AM- 12:00PM	Ladies Boxing 9:00AM - 10:00AM	CLOSED 9:00AM- 12:00PM	Intermediate Boxing 09:00AM - 10:00AM	Basic Boxing 09:00AM - 10:00AM
	C.O.W / Open Gym 10:00AM - 12:30PM		C.O.W / Open Gym 10:00AM - 12:30PM		Kids Class 10:15AM -11:15AM	Kids Class 10:15AM -11:15AM
C.O.W / Open Gym 12:00 PM - 12:30 PM		C.O.W / Open Gym 12:00 PM - 12:30 PM	C.O.W / Open Gym 12:00AM - 12:30PM	C.O.W / Open Gym 12:00 PM - 12:30 PM	Basic Boxing 11:15AM - 12:15PM	Intermediate Boxing 11:15AM - 12:15PM
Intermediate Boxing 12:30PM - 13:30PM	Basic Boxing 12:30PM - 13:30PM	Intermediate Boxing 12:30PM - 13:30PM	Basic Boxing 12:30PM - 13:30PM	Intermediate Boxing 12:30PM - 13:30PM	Intermediate Boxing 12:30PM - 13:30PM	Basic Boxing 12:30AM - 13:30PM
C.O.W / Open Gym 13:30PM - 14:00PM	C.O.W / Open Gym 13:30PM - 14:00PM	C.O.W / Open Gym 13:30PM - 14:00PM	C.O.W / Open Gym 13:30PM - 14:00PM	C.O.W / Open Gym 13:30PM - 14:00PM	CLOSED 13:30PM- 15:00PM	CLOSED 13:30PM- 15:00PM
CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM		
C.O.W / Open Gym 16:30PM - 17:30PM	Kids Class 16:30PM -17:30PM	C.O.W / Open Gym 16:30PM - 17:30PM	Kids Class 16:30PM -17:30PM	C.O.W / Open Gym 16:30PM - 17:30PM	Family Boxing 15:00PM - 15:45PM	HIIT Boxing 15:00 PM - 15:45PM
Basic Boxing 17:30PM - 18:30PM	Intermediate Boxing 17:30PM - 18:30PM	Basic Boxing 17:30PM - 18:30PM	Intermediate Boxing 17:30PM - 18:30PM	Basic Boxing 17:30PM - 18:30PM	Basic Boxing 16:00PM - 17:00PM	Intermediate Boxing 16:00PM - 17:0PM
Intermediate Boxing 18:30PM-19:30PM	Basic Boxing 18:30 PM - 19:30 PM	Intermediate Boxing 18:30PM-19:30PM	Basic Boxing 18:30PM - 19:30PM	Intermediate Boxing 18:30PM-19:30PM	CLOSED 17:00PM	CLOSED 17:00PM
Basic Boxing 19:45PM - 20:45PM	HIIT Boxing 19:45M - 20:30PM	Basic Boxing 19:45M - 20:45PM	HIIT Boxing 19:45M - 20:30PM	Basic Boxing 19:45M - 20:45PM		
Sparring 20:45PM - 21:45PM	C.O.W / Open Gym 20:15PM - 22:00PM	HIIT Boxing 20:45PM - 21:30PM	C.O.W / Open Gym 20:15PM - 22:00PM	Sparring 20:45PM - 21:45PM		
CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM		



Regular Operating Hours:

Mon, Wed, Fri	06:30 AM - 09:00 AM 12:00 PM - 14:00 PM 16:30 PM - 22:00PM
Tues, Thurs	09:00 AM - 14:00 PM 16:30 PM - 22:00 PM
Sat, Sun	09:00 AM - 13:30 PM 15:00 PM - 17:00 PM

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

Class	Description
C.O.W	Exercise stations will be set up. Trainer will guide you in the execution. Go as many rounds as you wish.
Circuit of the Week	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!
Basic Boxing	Higher level boxing techniques and tactics. For Spartans who have had some basic boxing or prior experience.
Intermediate Boxing	A High Intensity Interval class that is boxing based. Quick, intense, yet manageable. Good for those looking
HIIT Boxing	For ladies only! Box away with your group of girl friends!
Ladies Boxing	Little Spartans 4-12. Kickstart their active lifestyle!
Kids Boxing	Parent-Child boxing classes. Adult member can bring his child, and child member can bring his parent!
Family Boxing	