

## Serangoon Gardens Timetable Effective January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GYM OPEN 7:00AM</b>		<b>GYM OPEN 7:00AM</b>		<b>GYM OPEN 7:00AM</b>		
HIIT Circuits 7:00AM - 7:50AM		Intermediate Boxing 7:00AM - 7:50AM		Basic Boxing 7:00AM - 7:50AM		
Strength and Conditioning 08:00AM - 08:50PM	<b>GYM OPEN 9:00AM</b>		<b>GYM OPEN 9:00AM</b>	HIIT Circuits 8:00AM - 8:50AM	<b>GYM OPEN 8:00AM</b>	<b>GYM OPEN 8:00AM</b>
C.O.W / Open Gym 9:00AM - 11:50AM	C.O.W / Open Gym 9:00AM - 10:50AM	C.O.W / Open Gym 8:00AM - 11:50PM	C.O.W / Open Gym 9:00AM - 10:50AM	C.O.W / Open Gym 9:00AM - 10:50AM	Intermediate Boxing 08:00AM - 08:50AM	HIIT Boxing 08:00 PM - 08:50AM
	Yoga 11:00AM - 11:50AM		Yoga 11:00AM - 11:50AM		Kids Class 09:00AM - 09:50AM	Kids Class 09:00AM - 09:50AM
Intermediate Boxing 12:00PM - 12:50PM	Ladies Boxing 12:00PM - 12:50PM	Basic Boxing 12:00PM - 12:50PM	Ladies Boxing 12:00PM - 12:50PM	Intermediate Boxing 12:00PM - 12:50PM		
Lunchtime Express Fitness 1:00-1:30pm	Lunchtime Express Fitness 1:00-1:30pm	Lunchtime Express Fitness 1:00-1:30pm	Lunchtime Express Fitness 1:00-1:30pm	Lunchtime Express Fitness 1:00-1:30pm		
C.O.W / Open Gym 13:30PM - 16:00PM	C.O.W / Open Gym 13:00PM - 16:00PM	C.O.W / Open Gym 13:00PM - 16:00PM	C.O.W / Open Gym 13:00PM - 16:00PM	C.O.W / Open Gym 13:00PM - 16:00PM	CLOSED 11:00PM- 15:00PM	CLOSED 11:00PM- 15:00PM
Kids Class 16:00PM - 16:50PM	CCA 16:00PM - 16:50PM	Strength and Conditioning 16:00PM - 16:50PM	CCA 16:00PM - 16:50PM	Kids Class 16:00PM - 16:50PM	Family Boxing 15:00PM - 15:45PM	HIIT Boxing 15:00 PM - 15:45PM
HIIT Boxing 17:00PM - 17:50PM	C.O.W / Open Gym 17:00PM - 17:50PM	Basic Boxing 17:00PM - 17:50PM	C.O.W / Open Gym 17:00PM - 17:50PM	HIIT Boxing 17:00PM - 17:50PM	Basic Boxing 16:00PM - 17:00PM	Intermediate Boxing 16:00PM - 17:00PM
Strength and Conditioning 18:00PM - 18:50PM	Basic Boxing 18:00PM - 18:50PM	Intermediate Boxing 18:00PM - 18:50PM	Basic Boxing 18:00PM - 18:50PM	Intermediate Boxing 18:00PM - 18:50PM	C.O.W / Open Gym 17:00PM - 17:50PM	C.O.W / Open Gym 17:00PM - 17:50PM
Basic Boxing 19:00PM - 19:50PM	Intermediate Boxing 19:00 PM - 19:50 PM	Yoga 19:00PM - 19:50PM	Intermediate Boxing 19:00 PM - 19:50 PM	Basic Boxing 19:00PM - 19:50PM		
Intermediate Boxing 20:00PM - 20:50PM	HIIT Boxing 20:00PM - 20:50PM	HIIT Boxing 20:00PM - 20:50PM	HIIT Boxing 20:00PM - 20:50PM	Strength and Conditioning 20:00PM - 20:50PM		
Sparring 21:00PM - 21:45PM	Strength and Conditioning 21:00PM - 21:50PM	C.O.W / Open Gym 21:00PM - 21:50PM	Strength and Conditioning 21:00PM - 21:50PM	C.O.W / Open Gym 21:00PM - 21:50PM	CLOSED 18:00PM	CLOSED 18:00PM
<b>Regular Operating Hours:</b>				<b>Class</b>	<b>Description</b>	
Mon, Wed, Fri		07:00 AM - 22:00 PM		<b>C.O.W Circuit of the Week</b>	Exercise stations will be set up. Trainer will guide you in the execution. Go as many rounds as you wish.	
Tues, Thurs		09:00 AM - 22:00 PM		<b>Basic Boxing</b>	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!	
				<b>Intermediate Boxing</b>	Higher level boxing techniques and tactics. For Spartans who have had some basic boxing or prior experience.	
Sat, Sun		08:00 AM - 11:00 AM		<b>HIIT Boxing</b>	A High Intensity Interval class that is boxing based. Quick, intense, yet manageable. Good for those looking for a quick and exciting workout.	
		15:00 PM - 18:00 PM		<b>Ladies Boxing</b>	For ladies only! Box away with your group of girl friends!	
				<b>Kids Boxing</b>	Little Spartans 4-12. Kickstart their active lifestyle!	
				<b>Family Boxing</b>	Parent-Child boxing classes. Adult member can bring his child, and child member can bring his parent!	
Classes may be subjected to last minute changes - all members will be notified as soon as possible				<b>HIIT Circuit</b>	High Intensity Interval Training that will push you to your limits! A heart pumping workout for all levels	
				<b>Strength &amp; Conditioning</b>	A full body workout that includes the use of weights	