

Serangoon Gardens Timetable Effective: FEB 8 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00am	HIIT Boxing Circuit	Yoga	Boxing (All Levels)	Yoga	Boxing (All Levels)		
7:00 - 8:00am							
8:00 - 9:00am						Boxing (All Levels)	
9:00 - 10:00am			Ladies Boxing		Ladies Boxing	Kids Boxing	Boxing (Basic)
10:00 - 11:00am						HIIT Boxing Circuit	Boxing (Intermediate)
11:00 - 12:00pm						Boxing (Intermediate)	Kids Boxing
12:00 - 1:00pm	Lunch Time Express		Lunch Time Express		Lunch Time Express		Boxing (All Levels)
1:00 - 2:00pm	Lunch Time Express	Boxing (All Levels)	Lunch Time Express	Boxing (All Levels)	Lunch Time Express	Advanced Boxing & Sparring	HIIT Boxing
2:00 - 3:00pm						Family Boxing	
3:00 - 4:00pm						Yoga	
4:00 - 5:00pm		Kids Boxing		Kids Boxing			
5:00 - 6:00pm	Strength and Conditioning	Boxing (Intermediate)		Strength and Conditioning			
6:00 - 7:00pm	Boxing (All Levels)	Boxing (Basic)	Boxing (All Levels)	Boxing (Basic)	Boxing (Basic)	Boxing (Basic)	
7:00 - 8:00pm		Boxing (All Levels)		Boxing (All Levels)		HIIT Boxing Circuit	
8:00 - 9:00pm	Boxing (Basic)	HIIT Boxing Circuit	Boxing (Basic)	HIIT Boxing Circuit			
9:00 - 10:00pm	Boxing (Intermediate)	Boxing & Sparring	Boxing (Intermediate)	Boxing & Sparring	Strength and Conditioning		
10:00 - 11:00pm							