

# Balestier Timetable - COVID 19 Restricted

ALL CLASSES RUN FOR 45 MINS ONLY - TO ALLOW DISINFECTING OF BAGS AND EQUIPMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Intermediate Boxing 7:00AM-8:00AM		Basic Boxing 7:00AM-8:00AM		Intermediate Boxing 7:00AM-8:00AM				
C.O.W / Open Gym 8:00AM -12:00PM		C.O.W / Open Gym 8:00AM -12:00PM		C.O.W / Open Gym 8:00AM -12:00PM	Basic Boxing 8:00AM-9:00AM			
					Basic Boxing 9:00AM-10:00AM	Intermediate Boxing 9:00AM-10:00AM		
					Intermediate Boxing 10:15AM-11:15AM	Basic Boxing 10:15AM-11:15AM		
					Intermediate Boxing 11:15AM-12:15AM	Intermediate Boxing 11:15AM-12:15AM		
Basic Boxing 12:30PM - 13:30PM	Intermediate Boxing 12:30PM - 13:30PM	Intermediate Boxing 12:30PM - 13:30PM	Basic Boxing 12:30PM - 13:30PM	Intermediate Boxing 12:30PM - 13:30PM	CLOSED 13:00PM	CLOSED 13:00PM		
Intermediate Boxing 13:30PM - 14:30PM	Intermediate Boxing 13:30PM - 14:30PM	Intermediate Boxing 13:30PM - 14:30PM	Intermediate Boxing 13:30PM - 14:30PM	Ladies Boxing 13:30PM - 14:30PM				
C.O.W / Open Gym 14:30PM - 16:30	C.O.W / Open Gym 14:30PM - 16:30	C.O.W / Open Gym 14:30PM - 16:30	C.O.W / Open Gym 14:30PM - 16:30	C.O.W / Open Gym 14:30PM - 16:30				
Basic Boxing 16:30PM - 17:30PM	Intermediate Boxing 16:30PM - 17:30PM	Intermediate Boxing 16:30PM - 17:30PM	Basic Boxing 16:30PM - 17:30PM	Intermediate Boxing 16:30PM - 17:30PM				
Intermediate Boxing 17:30PM - 18:30PM	Basic Boxing 17:30PM - 18:30PM	Intermediate Boxing 17:30PM - 18:30PM	Intermediate Boxing 17:30PM - 18:30PM	Basic Boxing 17:30PM - 18:30PM				
Basic Boxing 18:30PM-19:30PM	Intermediate Boxing 18:30PM-19:30PM	Ladies Boxing 18:30PM-19:30PM	Intermediate Boxing 18:30PM-19:30PM	Intermediate Boxing 18:30PM-19:30PM				
Ladies Boxing 19:45M - 20:45PM	Intermediate Boxing 19:45M - 20:45PM	Basic Boxing 19:45M - 20:45PM	Intermediate Boxing 19:45M - 20:45PM	Intermediate Boxing 19:45M - 20:45PM				
Closed 21:00								



### Regular Operating Hours:

Mon, Wed, Fri	07:00 AM - 21:00PM
Tues, Thurs	12:30PM - 21:00 PM
Sat	08:00 AM - 13:00PM
Sun	09:00 AM - 13:00PM

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	
Intermediate Boxing	Higher level boxing techniques and tactics. For Spartans who have had some basic boxing or prior experience.
Ladies Boxing	For ladies only! Box away with your group of girl friends!
Basic Boxing	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!

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