

Spartans Boxing Club

Downtown East Timetable Effective 27 March 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		C.O.W / 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 Outdoor Boxing Conditioning 09:15AM - 10:00AM	Basic Boxing 09:00AM - 10:00AM Outdoor Boxing Conditioning 09:15AM - 10:00AM
C.O.W / Open Gym 12:00 PM - 12:30 PM	C.O.W / Open Gym 10:00AM - 12:30PM	C.O.W / Open Gym 12:00 PM - 12:30 PM	C.O.W / Open Gym 10:00AM - 12:30PM	C.O.W / Open Gym 12:00 PM - 12:30 PM	C.O.W / Open Gym 10:00AM - 11:00AM	C.O.W / Open Gym 10:00AM - 11:00AM
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	Basic Boxing 11:15AM - 12:15PM	Intermediate Boxing 11:15AM - 12:15PM
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	Intermediate Boxing 12:30PM - 13:30PM	Basic Boxing 12:30PM - 13:30PM
CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM	CLOSED 14:00 PM- 16:30PM	CLOSED 13:30PM- 15:00PM	CLOSED 13:30PM- 15:00PM
Intermediate Boxing 16:30PM - 17:30PM	C.O.W / Open Gym 16:30PM - 17:30PM	Intermediate Boxing 16:30PM - 17:30PM	C.O.W / Open Gym 16:30PM - 17:30PM	Intermediate Boxing 16:30PM - 17:30PM	HIIT Boxing 15:00PM - 15:45PM	HIIT Boxing 15:00PM - 15:45PM
Basic Boxing 17:30PM - 18:30PM Outdoor Boxing Conditioning 17:45PM - 18:30PM	Intermediate Boxing 17:30PM - 18:30PM Outdoor Boxing Conditioning 17:45PM - 18:30PM	Basic Boxing 17:30PM - 18:30PM Outdoor Boxing Conditioning 17:45PM - 18:30PM	Intermediate Boxing 17:30PM - 18:30PM Outdoor Boxing Conditioning 17:45PM - 18:30PM	Basic Boxing 17:30PM - 18:30PM Outdoor Boxing Conditioning 17:45PM - 18:30PM	Basic Boxing 16:00PM - 17:00PM	Intermediate Boxing 16:00PM - 17:00PM
Intermediate Boxing 18:45PM - 19:45PM Outdoor Boxing Conditioning 19:00PM - 19:45PM	Basic Boxing 18:45PM - 19:45PM Outdoor Boxing Conditioning 19:00PM - 19:45PM	Intermediate Boxing 18:45PM - 19:45PM Outdoor Boxing Conditioning 19:00PM - 19:45PM	Basic Boxing 18:45PM - 19:45PM Outdoor Boxing Conditioning 19:00PM - 19:45PM	Intermediate Boxing 18:45PM - 19:45PM Outdoor Boxing Conditioning 19:00PM - 19:45PM	CLOSED 17:00PM	CLOSED 17:00PM
Basic Boxing 20:00PM - 21:00PM	Intermediate Boxing 20:00PM - 21:00PM	Basic Boxing 20:00PM - 21:00PM	Intermediate Boxing 20:00PM - 21:00PM	Basic Boxing 20:00PM - 21:00PM		
C.O.W / Open Gym 21:00PM - 22:00PM	C.O.W / Open Gym 21:00PM - 22:00PM	C.O.W / Open Gym 21:00PM - 22:00PM	C.O.W / Open Gym 21:00PM - 22:00PM	C.O.W / Open Gym 21:00PM - 22:00PM		
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 Circuit of the Week	Exercise stations will be set up. Trainer will guide you in the execution. Go as many rounds as you wish.
Basic Boxing	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!
Intermediate Boxing	Higher level boxing techniques and tactics. For Spartans who have had some basic boxing or prior experience.
HIIT Boxing	A High Intensity Interval class that is boxing based. Quick, intense, yet manageable. Good for those looking for a quick and exciting workout.
Ladies Boxing	For ladies only! Box away with your group of girl friends!
Kids Boxing	Little Spartans 4-12. Kickstart their active lifestyle!
Family Boxing	Parent-Child boxing classes. Adult member can bring his child, and child member can bring his parent!