

Serangoon Gardens Timetable Effective: June 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boxing Fitness 06:30 -07:00		Boxing (All Levels) 06:30-07:00		Boxing Fitness 06:30 -07:00		
Boxing Fitness 07:15 -07:45		Boxing (All Levels) 07:15-07:45		Boxing Fitness 07:15 -07:45		
Boxing Fitness 08:00 -08:30		Boxing (All Levels) 08:00-08:45		Boxing Fitness 08:00 -08:30	Youth Boxing 0830-0900	Youth Boxing 0830 - 0900
					Boxing (All Levels) 09:15 - 09:45	Boxing (All Levels) TRIAL 09:15 - 09:45
		Ladies Boxing 09:00 - 09:30		Ladies Boxing 09:30 - 10:00	Boxing (All Levels) 09:15 - 09:45	Boxing (Basic) 10:00 - 10:30
					Boxing Fitness 10:00 -10:30	Boxing Fitness 10:45 - 11:15
					Boxing (Intermediate) 10:45 - 11:15	Boxing (All Levels) 11:30 - 12:00
Lunch Express 12:30 - 13:00	Boxing (All Levels) 12:30 - 13:00	Lunch Express 12:30 - 13:00	Boxing (All Levels) 12:30 - 13:00	Lunch Express 12:30 - 13:00	Boxing (Basic) 11:30 - 12:00	Boxing (Intermediate) 12:15 -12:45
Lunch Express 13:15 - 13:45	Boxing (All Levels) 13:15 - 13:45	Lunch Express 13:15 - 13:45	Boxing (All Levels) 13:15 - 13:45	Lunch Express 13:15 - 13:45	Advanced Boxing 12:15 - 12:45	Open Gym 13:00-13:30pm
Open Gym 14:00-14:30pm	Open Gym 14:00-14:30pm	Open Gym 14:00-14:30pm	Open Gym 14:00-14:30pm	Open Gym 14:00-14:30pm	Open Gym 13:00-13:30pm	Cleaning Session in Gym 13:30 - 14:15
Open Gym 14:45-15:15pm	Open Gym 14:45-15:15pm	Open Gym 14:45-15:15pm	Open Gym 14:45-15:15pm	Open Gym 14:45-15:15pm	Open Gym 13:45-14:15pm	
Cleaning Session in Gym 15:15 - 16:00	Cleaning Session in Gym 15:15 - 16:00	Cleaning Session in Gym 15:15 - 16:00	Cleaning Session in Gym 15:15 - 16:00	Cleaning Session in Gym 15:15 - 16:00	Cleaning Session in Gym 14:15 - 14:45	
		YouthBoxing 16:15-1645		YouthBoxing 16:00-16:		
YouthBoxing 16:45-17: 15				Boxing (All Levels) 16:30 - 17:00		
Boxing (All Levels) 17:30 - 18:00	Boxing (Intermediate) 17:00 - 17:30	Boxing (Intermediate) 17:00 - 17:30	Strength and Conditioning 17:00 - 17:30	Boxing Fitness 17:00 - 17:30		
Boxing (Basic) 18:15 - 18:45	Boxing (Basic) TRIAL 17:45- 18:15	Boxing (All Levels) 17:45 - 18:15	Boxing (All Levels) 17:45 - 18:15	Boxing (Basic) 17:45 - 18:15		
Boxing Fitness 19:00 - 19:30	Boxing (All Levels) 18:30 - 19:00	Boxing (Basic) 18:30 - 19:00	Boxing Fitness 18:30 - 19:00	Boxing (All Levels) 18:30 - 19:00		
Boxing (Intermediate) 19:45 - 20:15	Boxing Fitness 19:15 - 19:45	Boxing (Intermediate) 19:15 - 19:45	Boxing (Basic) TRIAL 19:15 - 19:45	Strength and Conditioning 19:15 - 19:45		
Boxing (All Levels) 20:30 - 21:00	Advanced Boxing 20:00 - 20:30	Boxing (All Levels) 20:00 - 20:30	Advanced Boxing 20:00 - 20:30	Boxing (All Levels) 20:00 - 20:30		
	Boxing (All Levels) 20:45 - 21:15	Open Gym 20:45-21:15pm	Boxing (All Levels) 20:45 - 21:15			