Serangoon Gardens Timetable Effective: June 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boxing Fitness		Boxing (All Levels)		Boxing Fitness		
06:30 -07:00		06:30-07:00		06:30 -07:00		
Boxing Fitness		Boxing (All Levels)		Boxing Fitness		
07:15 -07:45		07:15-07:45		07:15 -07:45		
Doving Fitness		Doving (All Loyals)		Doving Fitness	Youth Boxing 0830-0900	Youth Boxing 0830 - 0900
Boxing Fitness 08:00 -08:30		Boxing (All Levels) 08:00-08:45		Boxing Fitness 08:00 -08:30		5 1 (All 1 1) = 5111
						Boxing (All Levels) TRIAL 09:15 - 09:45
					Boxing (All Levels) 09:15 - 09:45	05.15 - 05.45
		Ladies Boxing		Ladies Boxing	09:15 - 09:45	Boxing (Basic)
		09:00 - 09:30		09:30 - 10:00	Boxing Fitness 10:00 -10:30 Boxing (Intermediate) 10:45 - 11:15	10:00 - 10:30
						Boxing Fitness 10:45 - 11:15
						Boxing (All Levels)
Lunch Express	Boxing (All Levels)	Lunch Express	Boxing (All Levels)	Lunch Express	Boxing (Basic)	11:30 - 12:00
12:30 - 13:00	12:30 - 13:00	12:30 - 13:00	12:30 - 13:00	12:30 - 13:00	11:30 - 12:00	Daving (Intermediate)
						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	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	25.55 25.55\$
14.00-14.50pm	14.00-14.50pm	14.00-14.30pm	14.00-14.50pm	14.00-14.50piii	13.00-13.30pm	Cleaning Session in Gym
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	13:30 - 14:15
14:45-15:15pm	14:45-15:15pm	14:45-15:15pm	14:45-15:15pm	14:45-15:15pm	13:45-14:15pm	
Cleaning Session in	Cleaning Session in	Cleaning Session in	Cleaning Session in	Cleaning Session in	Cleaning Session in	
Gym 15:15 - 16:00	Gym 15:15 - 16:00	Gym 15:15 - 16:00	Gym 15:15 - 16:00	Gym 15:15 - 16:00	Gym 14:15 - 14:45	
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				YouthBoxing 16:00-16:		
Va., th Daving 46,45,47,		YouthBoxing 16:15-1645		Daving (All Lavela)		
YouthBoxing 16:45-17: 15			Strength and	Boxing (All Levels) 16:30 - 17:00		
	Boxing (Intermediate) 17:00 - 17:30	Boxing (Intermediate) 17:00 - 17:30	Conditioning			
Boxing (All Levels)	17.00 - 17.30	17.00 - 17.50	17:00 - 17:30	Boxing Fitness		
17:30 - 18:00	Boxing (Basic) TRIAL	Boxing (All Levels)	Boxing (All Levels)	17:00 - 17:30		
Boxing (Basic)	17:45- 18:15	17:45 - 18:15	17:45 - 18:15	Boxing (Basic)		
18:15 - 18:45	Boxing (All Levels)	Boxing (Basic)	Boxing Fitness	17:45 - 18:15		
Boxing Fitness	18:30 - 19:00	18:30 - 19:00	18:30 - 19:00	Boxing (All Levels)		
19:00 - 19:30	Boxing Fitness	Boxing (Intermediate)	Boxing (Basic) TRIAL	18:30 - 19:00		
Boxing (Intermediate)	19:15 - 19:45	19:15 - 19:45	19:15 - 19:45	Strength and		
19:45 - 20:15	Advanced Reving 20:00	Poving (All Loyals)	Advanced Reving 30:00	Conditioning 19:15 - 19:45		
	Advanced Boxing 20:00 - 20:30	Boxing (All Levels) 20:00 - 20:30	Advanced Boxing 20:00 - 20:30			
Boxing (All Levels) 20:30 - 21:00				Boxing (All Levels) 20:00 - 20:30		
20.30 - 21.00	Boxing (All Levels)	Open Gym 20:45-21:15pm	Boxing (All Levels)	20.00 - 20.30		
	20:45 - 21:15	20.13 21.139111	20:45 - 21:15			