

Serangoon Gardens Timetable Effective: July 27

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