

JOO CHIAT TIMETABLE 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| GYM OPEN 06:30AM | GYM OPEN 06:30AM | GYM OPEN 06:30AM | GYM OPEN 06:30AM | GYM OPEN 06:30AM | GYM OPEN 08:30AM | GYM OPEN 08:30AM |
| Intermediate Boxing 07:00AM-07:45AM | Intermediate Boxing 07:00AM-07:45AM | Intermediate Boxing 07:00AM-07:45AM | Intermediate Boxing 07:00AM-07:45AM | Intermediate Boxing 07:00AM-07:45AM | | |
| Intermediate Boxing 08:00AM-08:45AM | Intermediate Boxing 08:00AM-08:45AM | Intermediate Boxing 08:00AM-08:45AM | Intermediate Boxing 08:00AM-08:45AM | Intermediate Boxing 08:00AM-08:45AM | | |
| Intermediate Boxing 09:00AM-09:45AM | Intermediate Boxing 09:00AM-09:45AM | Intermediate Boxing 09:00AM-09:45AM | Intermediate Boxing 09:00AM-09:45AM | Intermediate Boxing 09:00AM-09:45AM | Basic Boxing/Online 09:00AM -09:45AM | Basic Boxing/Online 09:00AM -09:45AM |
| Gym Sanitization 10:00am - 12:15pm | Gym Sanitization 10:00am - 12:15pm | Gym Sanitization 10:00am - 12:15pm | Gym Sanitization 10:00am - 12:15pm | Gym Sanitization 10:00am - 12:15pm | Kids Boxing 10:00AM - 10:45AM | Kids Boxing 10:00AM - 10:45AM |
| Intermediate Boxing 12:30PM - 13:15PM | Intermediate Boxing 12:30PM - 13:15PM | Intermediate Boxing 12:30PM - 13:15PM | Intermediate Boxing 12:30PM - 13:15PM | Intermediate Boxing 12:30PM - 13:15PM | Intermediate Boxing/Online 11:00AM - 11:45AM | Intermediate Boxing/Online 11:00AM - 11:45AM |
| Intermediate Boxing 13:30PM - 14:15PM | Intermediate Boxing 13:30PM - 14:15PM | Intermediate Boxing 13:30PM - 14:15PM | Intermediate Boxing 13:30PM - 14:15PM | Intermediate Boxing 13:30PM - 14:15PM | Gym Sanitization 12:00PM - 12:45PM | Gym Sanitization 12:00PM - 12:45PM |
| Gym Sanitization 14:30PM - 16:15PM | Gym Sanitization 14:30PM - 16:15PM | Gym Sanitization 14:30PM - 16:15PM | Gym Sanitization 14:30PM - 16:15PM | Gym Sanitization 14:30PM - 16:15PM | Intermediate Boxing 13:00PM - 13:45PM | Intermediate Boxing 13:00PM - 13:45PM |
| | | | | | FREE TRIAL 14:00PM - 14:45PM | FREE TRIAL 14:00PM - 14:45PM |
| Kids Boxing 16:30PM - 17:15PM | Kids Boxing 16:30PM - 17:15PM | Kids Boxing 16:30PM - 17:15PM | Kids Boxing 16:30PM - 17:15PM | Kids Boxing 16:30PM - 17:15PM | Intermediate Boxing 15:00PM - 15:45PM | Intermediate Boxing 15:00PM - 15:45PM |
| Intermediate Boxing/Online 17:30PM - 18:15PM | Intermediate Boxing/Online 17:30PM - 18:15PM | Intermediate Boxing/Online 17:30PM - 18:15PM | Intermediate Boxing/Online 17:30PM - 18:15PM | Intermediate Boxing/Online 17:30PM - 18:15PM | | |
| Intermediate Boxing/Online 18:30PM - 19:15PM | Intermediate Boxing/Online 18:30PM - 19:15PM | Intermediate Boxing/Online 18:30PM - 19:15PM | Intermediate Boxing/Online 18:30PM - 19:15PM | Intermediate Boxing/Online 18:30PM - 19:15PM | | |
| FREE TRIAL 19:30PM - 20:15PM | FREE TRIAL 19:30PM - 20:15PM | FREE TRIAL 19:30PM - 20:15PM | FREE TRIAL 19:30PM - 20:15PM | FREE TRIAL 19:30PM - 20:15PM | CLOSED 16:00PM | CLOSED 16:00PM |
| Basic Boxing 20:30PM - 21:15PM | Basic Boxing 20:30PM - 21:15PM | Basic Boxing 20:30PM - 21:15PM | Basic Boxing 20:30PM - 21:15PM | Basic Boxing 20:30PM - 21:15PM | | |
| CLOSED 21:30PM | CLOSED 21:30PM | CLOSED 21:30PM | CLOSED 21:30PM | CLOSED 21:30PM | | |



Regular Operating Hours:

Weekdays 07:00 AM - 21:30 PM

Weekends 09:00AM - 16:00PM

| Class | Description |
|-----------------------------------|--|
| 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. |
| Intermediate Boxing/Online | A High Intensity Interval class that is boxing based. Quick, intense, yet manageable. Good for those looking for a quick and exciting workout. |
| Kids Boxing | Little Spartans 8-12. Kickstart their active lifestyle! |
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Classes may be subjected to last minute changes - all members will be notified as soon as possible