

Balestier Timetable effective September 2020

Timing - Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.00 - 7:45	Intermediate Boxing		Intermediate Boxing		Intermediate Boxing			
8.00 - 8:45	Open Gym	Closed	Open Gym	Closed	Open Gym	Basic Boxing	Basic Boxing	
9.00 - 9:45						All Levels	All Levels	
10.00 - 10:45						Intermediate Online	Intermediate Online	
11.00 - 11:45						Big Kids Boxing 8 to 15 years old	Intermediate Boxing	
						Intermediate Boxing	Intermediate Boxing	
	Intermediate Online	Intermediate Online						
12:30 -13.15	Basic Boxing	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Basic Boxing	Closes 1230 pm		
13.30 - 14.15	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Basic Boxing	Intermediate Boxing			
14.30 - 15.00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			
15.00 - 16.00								
16.00 - 17.00								
16:30-17:15	Big Kids Boxing 8 to 15 years old	Big Kids Boxing 8 to 15 years old	Corporate Class	Big Kids Boxing 8 to 15 years old	Big Kids Boxing 8 to 15 years old			
17.30 - 18:15	Basic Boxing	Intermediate Boxing	All Levels	Intermediate Boxing	Basic Boxing			
	Intermediate Online	Intermediate Online	Intermediate Online	Intermediate Online	Intermediate Online			
18:30 -19:15	Intermediate Boxing	All Levels	Intermediate Boxing	Basic Boxing	All Levels			
	Intermediate Online	Intermediate Online	Intermediate Online	Intermediate Online	Intermediate Online			
19:30-20:15	All Levels	Intermediate Boxing	Basic Boxing	Intermediate Boxing	Basic Boxing			
20.30 - 21.15	Intermediate Boxing	Basic Boxing	Intermediate Boxing	All Levels	Intermediate Boxing			
2200	Closes 10 pm							



Highlighted times are group classes with a coach.
 First-timers in boxing are required to attend Trial Class
 Classes will only run for 45mins
 No entry to classes for latecomers exceeding 10 minutes.
 Classes may be subjected to last minute changes - all members will be notified as soon as possible.