

Surangon Gardens Timetable Effective

20 August 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00am	Gym Open 7am	Gym Open 7am	Gym Open 7am	Gym Open 7am	Gym Open 7am		
7:00 - 8:00am	Boxing (All Levels) 7:15-8:00	Boxing (All Levels) 7:15-8:00	Boxing (All Levels) 7:15-8:00	Boxing (All Levels) 7:15-8:00	Boxing (All Levels) 7:15-8:00		
8:00 - 9:00am	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Boxing (All Levels) 8:15-9:00	Gym Open 8:30am	Gym Open 8:30am
9:00 - 10:00am						Kids & Youth Boxing 8:30 - 9:15	Boxing (All Levels) 8:30 - 9:15
10:00 - 11:00am						Boxing (All Levels) 9:30 - 10:15	Boxing (Basic) 9:30 - 10:15
11:00 - 12:00pm						Boxing (Basic) 10:30 - 11:15	Boxing (All Levels) 10:30 - 11:15
12:00 - 1:00pm						Boxing (All Levels) 11:30 - 12:15	Boxing (All Levels) 11:30 - 12:15
12:00 - 1:00pm	Boxing (All Levels) 12:30--13:15	Boxing (All Levels) 12:30--13:15	Boxing (All Levels) 12:30--13:15	Boxing (All Levels) 12:30--13:15	Luchtime Sweat 12:30 - 13:15	Boxing (Intermediate) 12:30 - 13:15	Boxing (Basic) 12:30 - 13:15
1:00 - 2:00pm	Luchtime Sweat 13:30 - 14:15	Luchtime Sweat 13:30 - 14:15	Luchtime Sweat 13:30 - 14:15	Luchtime Sweat 13:30 - 14:15	Boxing (All Levels) 13:30--14:15	Boxing (All Levels) 13:30 - 14:15	Boxing (Intermediate) 13:30 - 14:15
2:00 - 3:00pm						Advanced Boxing 14:30 - 15:15	
3:00 - 4:00pm	Open Gym & Personal Workout		Open Gym & Personal Workout		Open Gym & Personal Workout		
4:00 - 5:00pm	Kids & Youth Boxing 16:30 - 17:15	Open Gym & Personal Workout	Kids & Youth Boxing 16:30 - 17:15	Open Gym & Personal Workout	Conditioning 16:30 - 17:15		
5:00 - 6:00pm	Boxing (All Levels) 17:30 - 18:15	Boxing Fitness 17:30 -18:15	Boxing (All Levels) 17:30 - 18:15	Boxing (Basic) 17:30 - 18:15	Boxing (Basic) 17:30 - 18:15		
6:00 - 7:00pm	Boxing Fitness 18:30 -19:15	Boxing (All Levels) 18:30 - 19:15	Boxing Fitness 18:30 -19:15	Boxing (All Levels) 18:30 - 19:15	Boxing Fitness 18:30 -19:15		
7:00 - 8:00pm	Boxing (Basic) 19:30 - 20:15	Boxing (Basic) 19:30 - 20:15	Boxing (All Levels) 19:30 - 20:15	Conditioning 19:30 - 20:15	Boxing (All Levels) 19:30 - 20:15		
8:00 - 9:00pm	Boxing Fitness 20:30 -21:15	Boxing Fitness 20:30 -21:15	Boxing (Basic) 20:30 - 21:15	Boxing (All Levels) 20:30 - 21:15	Boxing (All Levels) 20:30 - 21:15		
9:00 - 10:00pm	Boxing (Intermediate) 21:30 - 22:15	Advanced Boxing 21:30 - 22:15	Conditioning 21:30 - 22:15	Advanced Boxing 21:30 - 22:15			
10:00 - 11:00pm	Gym Close 22:30	Gym Close 22:30	Gym Close 22:30	Gym Close 22:30	Gym Close 21:30	Gym Closes 15:30	Gym Closes 14:30