

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		
Basic Boxing 08:00AM-08:45AM	Basic Boxing 08:00AM-08:45AM	Basic Boxing 08:00AM-08:45AM	Basic Boxing 08:00AM-08:45AM	Basic 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
Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Kids Boxing 10:00AM - 10:45AM	Kids Boxing 10:00AM - 10:45AM
Gym Sanitization 11:00AM - 12:15AM	Gym Sanitization 11:00am - 12:15pm	Gym Sanitization 11:00am - 12:15pm	Gym Sanitization 11:00am - 12:15pm	Gym Sanitization 11:00am - 12:15pm		
Basic Boxing 12:30PM - 13:15PM	Basic Boxing 12:30PM - 13:15PM	Basic Boxing 12:30PM - 13:15PM	Basic Boxing 12:30PM - 13:15PM	Basic 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	Intermediate Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM
Gym Sanitization 14:30PM - 15:15PM	Gym Sanitization 14:30PM - 15:15PM	Gym Sanitization 14:30PM - 15:15PM	Gym Sanitization 14:30PM - 15:15PM	Gym Sanitization 14:30PM - 15:15PM	Basic Boxing 14:00PM - 14:45PM	Basic Boxing 14:00PM - 14:45PM
					Basic Boxing 15:00PM - 15:45PM	Basic Boxing 15:00PM - 15:45PM
Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM		
Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM		
Basic Boxing/Online 17:30PM - 18:15PM	Basic Boxing/Online 17:30PM - 18:15PM	Basic Boxing/Online 17:30PM - 18:15PM	Basic Boxing/Online 17:30PM - 18:15PM	Basic 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	CLOSED 16:00PM	CLOSED 16:00PM
Basic Boxing 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM		
Basic Boxing 20:30PM - 21:15PM	Basic Boxing 20:30PM - 21:15PM	Basic Boxing 20:30PM - 21:15PM	Basic Boxing 20:30PM - 21:15PM	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					Description	
					Basic Boxing	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!
					Intermediate Boxing	A High Intensity Interval class that is boxing based. Quick, intense, yet manageable. Good for those looking for a quick and exciting workout.
					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!
Classes may be subjected to last minute changes - all members will be notified as soon as possible						