

Spartans Buona Vista Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym opens 7:30am	Gym opens 7:30am	Gym opens 7:30am	Gym opens 7:30am	Gym opens 7:30am	Gym opens 7:30am	Gym opens 7:30am
All Levels Boxing 8:00am - 8:45am	Basic Boxing 8:00am - 8:45am	All Levels Boxing 8:00am - 8:45am	Basic Boxing 8:00am - 8:45am	All Levels Boxing 8:00am - 8:45am	Basic Boxing 8:00am - 8:45am	All Levels Boxing 8:00am - 8:45am
Basic Boxing 9:00am - 9:45am	All Levels Boxing 9:00am - 9:45am	Basic Boxing 9:00am - 9:45am	All Levels Boxing 9:00am - 9:45am	Basic Boxing 9:00am - 9:45am	All Levels Boxing 9:00am - 9:45am	Basic Boxing 9:00am - 9:45am
Open Gym 10:00am - 12:00pm	Open Gym 10:00am - 12:00pm	Open Gym 10:00am - 12:00pm	Open Gym 10:00am - 12:00pm	Open Gym 10:00am - 12:00pm	Basic Boxing 10:00am - 10:45am	All Levels Boxing 10:00am - 10:45am
					Kids Boxing 11:00am - 11:45am	Kids Boxing 11:00am - 11:45am
					Basic Boxing 12:00pm - 12:45pm	All Levels Boxing 12:00pm - 12:45pm
All Levels Boxing 12:15pm - 1:00pm	Basic Boxing 12:15pm - 1:00pm	All Levels Boxing 12:15pm - 1:00pm	Basic Boxing 12:15pm - 1:00pm	All Levels Boxing 12:15pm - 1:00pm	All Levels Boxing 1:00pm - 1:45pm	Gym closes 1:00pm
Basic Boxing 1:15pm - 2:00pm	All Levels Boxing 1:15pm - 2:00pm	Basic Boxing 1:15pm - 2:00pm	All Levels Boxing 1:15pm - 2:00pm	Basic Boxing 1:15pm - 2:00pm	Gym closes 2:00pm	
Gym Sanitization 2:00pm - 2:45pm	Gym Sanitization 2:00pm - 2:45pm	Gym Sanitization 2:00pm - 2:45pm	Gym Sanitization 2:00pm - 2:45pm	Gym Sanitization 2:00pm - 2:45pm		
Open Gym 2:45pm - 4:15pm	Open Gym 2:45pm - 4:15pm	Open Gym 2:45pm - 4:15pm	Open Gym 2:45pm - 4:15pm	Open Gym 2:45pm - 4:15pm		
					Kids Boxing 4:30pm - 5:15pm	Kids Boxing 4:30pm - 5:15pm
					Basic Boxing/Online 5:30pm - 6:15pm	Basic Boxing/Online 5:30pm - 6:15pm
All Levels Boxing/Online 6:30pm - 7:15pm	All Levels Boxing/Online 6:30pm - 7:15pm	All Levels Boxing/Online 6:30pm - 7:15pm	All Levels Boxing/Online 6:30pm - 7:15pm	All Levels Boxing/Online 6:30pm - 7:15pm		
HIIT boxing 7:30pm - 8:15pm	Basic boxing 7:30pm - 8:15pm	HIIT boxing 7:30pm - 8:15pm	Basic boxing 7:30pm - 8:15pm	HIIT boxing 7:30pm - 8:15pm		
All Levels Boxing 8:30pm - 9:15pm	All Levels Boxing 8:30pm - 9:15pm	All Levels Boxing 8:30pm - 9:15pm	All Levels Boxing 8:30pm - 9:15pm	All Levels Boxing 8:30pm - 9:15pm		
Gym closes 9:30pm						

Operating Hours

Weekday	8am - 9:30pm
Saturday	8am - 2:00pm
Sunday	8am - 1:00pm

**Classes may be subjected to last minute changes. All members will be notified as soon as possible.

