

Spartans Buona Vista Timetable November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels Boxing 7:00am - 7:45am	Basic Boxing 7:00am - 7:45am	All Levels Boxing 7:00am - 7:45am	Basic Boxing 7:00am - 7:45am	All Levels Boxing 7:00am - 7:45am		
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	Basic Boxing 8:30am - 9:15am	All Levels Boxing 8:30am - 9:15am
Open Gym 9:00am - 11:00am	Open Gym 9:00am - 11:00am	Open Gym 9:00am - 11:00am	Open Gym 9:00am - 11:00am	Open Gym 9:00am - 11:00am	All Levels Boxing 9:30am - 10:15am	Basic Boxing 9:30am - 10:15am
Gym Sanitization	Gym Sanitization	Gym Sanitization	Gym Sanitization	Gym Sanitization	Ladies Boxing 10:30am - 11:15am	All Levels Boxing 10:30am - 11:15am
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	Kids Boxing 11:30am - 12:15pm	Kids Boxing 11:30am - 12:15pm
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	All Levels Boxing 12:30pm - 1:15pm	All Levels Boxing 12:30pm - 1:15pm
Open Gym 2:15pm - 3:45pm	Open Gym 2:15pm - 3:45pm	Open Gym 2:15pm - 3:45pm	Open Gym 2:15pm - 3:45pm	Open Gym 2:15pm - 3:45pm	All Levels Boxing 1:30pm - 2:15pm	Gym Close
Gym Sanitization	Gym Sanitization	Gym Sanitization	Gym Sanitization	Gym Sanitization	Gym Close	
Kids Boxing 4:30pm - 5:15pm	Kids Boxing 4:30pm - 5:15pm	Kids Boxing 4:30pm - 5:15pm	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	Basic Boxing/Online 5:30pm - 6:15pm	Basic Boxing/Online 5:30pm - 6:15pm	Basic Boxing/Online 5:30pm - 6:15pm		
Ladies Boxing 6:30pm - 7:15pm	Ladies Boxing 6:30pm - 7:15pm	Ladies Boxing 6:30pm - 7:15pm	Ladies Boxing 6:30pm - 7:15pm	Ladies Boxing 6:30pm - 7:15pm		
HIIT boxing 7:30pm - 8:15pm	All Levels 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 Close	Gym Close	Gym Close	Gym Close	Gym Close		



Operating Hours

Weekday : 7am - 9:30pm
 Saturday : 8:30am - 2:30pm
 Sunday : 8:30am - 1:30pm

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