

Downtown East Timetable Effective JAN 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM OPEN 9:00AM						
Intermediate Boxing 09:00AM - 09:45 AM	Basic Boxing 9:00AM - 09:45AM	Intermediate Boxing 09:00AM - 09:45 AM	Basic Boxing 9:00AM - 9:45AM	Intermediate Boxing 09:00AM - 09:45 AM	Intermediate Boxing 09:00AM - 09:45AM	Basic Boxing 09:00AM - 09:45AM
Basic Boxing 10:00AM - 10:45AM	Intermediate Boxing 10:00AM - 10:45AM	Basic Boxing 10:00AM - 10:45AM	Intermediate Boxing 10:00AM - 10:45AM	Basic Boxing 10:00AM - 10:45AM	VIRTUAL BOXING CLASS 09:00AM - 09:45AM	
C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	C.O.W / Open Gym 11:00AM -11:45PM	Basic Boxing 10:00AM - 10:45AM	Intermediate Boxing 10:00AM - 10:45AM
					VIRTUAL BOXING CLASS 11:00AM - 11:45AM	
Basic Boxing 12:00PM - 12:45PM	Intermediate Boxing 12:00PM - 12:45PM	Basic Boxing 12:00PM - 12:45PM	Intermediate Boxing 12:00PM - 12:45PM	Basic Boxing 12:00PM - 12:45PM	Kids Class 11:00AM -11:45AM	Kids Class 11:00AM -11:45AM
Intermediate Boxing 13:00PM - 13:45PM	Basic Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM	Basic Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM	Intermediate Boxing 12:00PM - 12:45PM	Basic Boxing 12:00PM - 12:45PM
CLOSED 14:00PM- 16:30PM					Basic Boxing 13:00PM - 13:45PM	Fight Club 13:00PM - 14:00PM
					CLOSED 14:00PM - 15:00PM	
					Family Boxing 15:00PM -15:45PM	Boxing Fitness 15:00PM - 15:45PM
Intermediate Boxing 16:30PM-17:15PM	Kids Class 16:30PM -17:15PM	Kids Class 16:30PM -17:15PM	Kids Class 16:30PM -17:15PM	Intermediate Boxing 16:30PM-17:15PM	Basic Boxing 16:00PM - 16:45PM	Intermediate Boxing 16:00PM - 16:45PM
Basic Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM	Basic Boxing 17:30PM - 18:15PM	Intermediate Boxing 17:30PM - 18:15PM	Basic Boxing 17:30PM - 18:15PM	CLOSED 17:00PM	
Virtual Boxing Class 17:30PM - 18:15PM						
Intermediate Boxing 18:30PM - 19:15PM	Basic Boxing 18:30PM - 19:15PM	Intermediate Boxing 18:30PM - 19:15PM	Basic Boxing 18:30PM - 19:15PM	Intermediate Boxing 18:30PM - 19:15PM		
Virtual Boxing Class 18:30PM - 19:15PM						
Basic Boxing 19:30PM - 20:15PM	Boxing Fitness 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM	Boxing Fitness 19:30PM - 20:15PM	Basic Boxing 19:30PM - 20:15PM		
Intermediate Boxing 20:30PM-21:15PM	Sparring 20:30PM - 22:00PM	Boxing Fitness 20:30PM - 21:15PM	Sparring 20:30PM - 22:00PM	Intermediate Boxing 20:30PM-21:15PM		
Advanced Boxing 21:15PM - 22:00PM	C.O.W / Open Gym 20:30PM - 22:00PM	C.O.W / Open Gym 21:15PM - 22:00PM	C.O.W / Open Gym 20:30PM - 22:00PM	Advanced Boxing 21:15PM - 22:00PM		
CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM		



Regular Operating Hours:

Mon, Wed, Fri, Tues, Thurs 09:00 AM - 14:00 PM
 16:30 PM - 22:00 PM

Sat, Sun 09:00 AM - 14:00 PM
 15:00 PM - 17:00 PM

Classes may be subjected to last minute changes - all members will be notified as soon as possible

Class	Description
C.O.W Circuit of the Week	Exercise stations will be set up. Trainer will guide you in the execution. Go as many rounds as you wish.
Basic Boxing	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!
Intermediate Boxing	Higher level boxing techniques and tactics. For Spartans who have had some basic boxing or prior experience.
Boxing Fitness	A High Intensity Interval class that is boxing based. Quick, intense, yet manageable. Good for those looking
Kids Boxing	Little Spartans 4-12. Kickstart their active lifestyle!
Family Boxing	Parent-Child boxing classes. Adult member can bring his child, and child member can bring his parent!