

**Spartans Dhoby Ghaut Timetable Effective 11th Jan 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Opens 7:00 AM					Gym Opens 8:30 AM	
7:15AM - 8:00AM Conditioning & HIIT	7:15AM - 8:00AM Conditioning & HIIT	7:15AM - 8:00AM Conditioning & HIIT	7:15AM - 8:00AM Conditioning & HIIT	7:15AM - 8:00AM Conditioning & HIIT		
8:15AM - 9:00AM Basic Boxing	8:15AM - 9:00AM Basic Boxing	8:15AM - 9:00AM Basic Boxing	8:15AM - 9:00AM Basic Boxing	8:15AM - 9:00AM Basic Boxing	9:00AM - 9:45AM Basic Boxing	9:00AM - 9:45AM Basic Boxing
9:15AM - 11:00AM Open Gym / PT	9:15AM - 11:00AM Open Gym / PT	9:15AM - 11:00AM Open Gym / PT	9:15AM - 11:00AM Open Gym / PT	9:15AM - 11:00AM Open Gym / PT	10:00AM - 10:45AM Ladies Only Boxing	10:00AM - 10:45AM Ladies Only Boxing
11:00AM - 12:15PM Gym Sanitization	11:00AM - 12:15PM Gym Sanitization	11:00AM - 12:15PM Gym Sanitization	11:00AM - 12:15PM Gym Sanitization	11:00AM - 12:15PM Gym Sanitization	11:00AM - 11:45AM Conditioning & HIIT	11:00AM - 11:45AM Conditioning & HIIT
12:30PM - 1:15PM Intermediate Boxing	12:30PM - 1:15PM Intermediate Boxing	12:30PM - 1:15PM Intermediate Boxing	12:30PM - 1:15PM Intermediate Boxing	12:30PM - 1:15PM Intermediate Boxing	1:00PM - 1:45PM Basic Boxing	1:00PM - 1:45PM Basic Boxing
1:30PM - 2:15PM Ladies Only Boxing	1:30PM - 2:15PM Ladies Only Boxing	1:30PM - 2:15PM Ladies Only Boxing	1:30PM - 2:15PM Ladies Only Boxing	1:30PM - 2:15PM Ladies Only Boxing	2:00PM - 2:45PM Family Boxing	2:00PM - 2:45PM Family Boxing
2:30PM - 3:15PM Gym Sanitization	2:30PM - 3:15PM Gym Sanitization	2:30PM - 3:15PM Gym Sanitization	2:30PM - 3:15PM Gym Sanitization	2:30PM - 3:15PM Gym Sanitization	3:00PM - 3:45PM Sparring Class	3:00PM - 3:45PM Intermediate Boxing
3:30PM - 4:15PM Open Gym / PT	3:30PM - 4:15PM Open Gym / PT	3:30PM - 4:15PM Open Gym / PT	3:30PM - 4:15PM Open Gym / PT	3:30PM - 4:15PM Open Gym / PT	Gym Closes 4:00 PM	
4:30PM - 5:15PM Kids Boxing	4:30PM - 5:15PM Basic Boxing	4:30PM - 5:15PM Kids Boxing	4:30PM - 5:15PM Basic Boxing	4:30PM - 5:15PM Kids Boxing		
5:30PM - 6:15PM Basic Boxing	5:30PM - 6:15PM Basic Boxing	5:30PM - 6:15PM Basic Boxing	5:30PM - 6:15PM Basic Boxing	5:30PM - 6:15PM Basic Boxing		
6:30PM - 7:15PM Intermediate Boxing	6:30PM - 7:15PM Intermediate Boxing	6:30PM - 7:15PM Intermediate Boxing	6:30PM - 7:15PM Intermediate Boxing	6:30PM - 7:15PM Intermediate Boxing		
7:30PM - 8:15PM Basic Boxing	7:30PM - 8:15PM Basic Boxing	7:30PM - 8:15PM Basic Boxing	7:30PM - 8:15PM Basic Boxing	7:30PM - 8:15PM Basic Boxing		
8:30PM - 9:15PM Intermediate Boxing	8:15PM - 9:00PM Fight Team	8:30PM - 9:15PM Intermediate Boxing	8:30PM - 9:15PM Sparring Class	8:30PM - 9:15PM Intermediate Boxing		
Gym Closes 9:30 PM						