

Serangoon Gardens Timetable Effective: MARCH 1 2021

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Serangoon	Burghley	Serangoon	Burghley	Serangoon	Burghley	Serangoon	Burghley	Serangoon	Burghley	Serangoon	Burghley	Serangoon	Burghley
6:00 - 7:00am														
7:00 - 8:00am	Boxing (All Levels) 07:15 - 08:00		Boxing (All Levels) 07:15 - 08:00		Boxing (All Levels) 07:15 - 08:00		Boxing (All Levels) 07:15 - 08:00		Boxing (All Levels) 07:15 - 08:00					
8:00 - 9:00am	Boxing (All Levels) 08:15 - 09:00		Boxing (All Levels) 08:15 - 09:00	Strength and Conditioning 08:00 - 08:45	Boxing (All Levels) 08:15 - 09:00		Boxing (All Levels) 08:15 - 09:00	Strength and Conditioning 08:00 - 08:45	Boxing (All Levels) 08:15 - 09:00			Kids Boxing 8-830		
9:00 - 10:00am	Sparring 09:15-10:15		Sparring 09:15-10:15	Strength and Conditioning 09:00 - 09:45	Sparring 09:15-10:15			Strength and Conditioning 09:00 - 09:45	Sparring 09:15-10:15	Strength and Conditioning 09:00 - 09:45	Boxing (Basic) 08:30 - 09:15	YouthBoxing 830-915	Boxing (Basic) 08:30 - 09:15	Boxing (Basic) 08:45 - 09:30
10:00 - 11:00am				Open Gym 12:30 - 13:30				Open Gym 12:30 - 13:30			Boxing (All Levels) 9:30 - 10:15	Boxing (Basic) 09:45 - 10:15	Boxing (All Levels) 9:30 - 10:15	Boxing (All Levels) 9:45 - 10:30
11:00 - 12:00pm				Open Gym 12:30 - 13:30				Open Gym 12:30 - 13:30			Boxing (All Levels) 10:30 - 11:15	Boxing (All Levels) 10:45 - 11:30	Boxing (All Levels) 10:30 - 11:15	Boxing Fintess 10:45 - 11:30
12:00 - 1:00pm				Open Gym 12:30 - 13:30							Boxing (Basic) 11:30 - 12:15		Boxing (Intermediate) 11:30 -12:15	Boxing (All Levels) 11:45 - 12:30
1:00 - 2:00pm	Boxing (All Levels) 12:30 - 13:30		Boxing (All Levels) 12:30 - 13:30	12:30 - 13:30	Boxing (All Levels) 12:30 - 13:30		Boxing (All Levels) 12:30 - 13:30	Strength and Conditioning 12:30 - 13:15	Boxing (All Levels) 12:30 - 13:30	Strength and Conditioning 12:30 - 13:15	Boxing (All Levels) 12:30 - 13:30		Boxing (Basic) 12:30 - 13:15	
2:00 - 3:00pm	Boxing (All Levels) 13:30 - 14:30	Strength and Conditioning 13:30 - 14:15	Boxing (All Levels) 13:30 - 14:30	Strength and Conditioning 13:30 - 14:15	Boxing (All Levels) 13:30 - 14:30	Strength and Conditioning 13:30 - 14:15	Boxing (All Levels) 13:30 - 14:30	Open Gym 12:30 - 13:30	Boxing (All Levels) 13:30 - 14:30	Open Gym 12:30 - 13:30	Boxing (Intermediate) 13:30 -14:15		Advanced Boxing & Sparring 13:30 - 14:15	
3:00 - 4:00pm	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30	Open Gym 12:30 - 13:30		FIGHT TEAM INVITE ONLY		
4:00 - 5:00pm														
5:00 - 6:00pm	Kids Boxing 400-4:30				Kids Boxing 400-4:30						Boxing (Basic) 16:30 - 18:15	Strength and Conditioning 16:30 - 17:15		
6:00 - 7:00pm	YouthBoxing 530-615				YouthBoxing 530-615									
7:00 - 8:00pm	Boxing (All Levels) 17:30 - 18:15	Strength and Conditioning 17:45 - 18:30	Boxing (Basic) 17:30 - 18:15		Boxing (All Levels) 17:30 - 18:15	Strength and Conditioning 17:45 - 18:30	Boxing (All Levels) 17:30 - 18:15	Boxing (Basic) 17:45 - 18:30	Boxing (Basic) 17:30 - 18:15					
8:00 - 9:00pm	Boxing (Basic) 18:30 - 19:15	Boxing (Basic) 18:45 - 19:30	Boxing (All Levels) 18:30 - 19:15	Boxing (Intermediate) 18:45 - 19:45	Boxing (Basic) 18:30 - 19:15	Boxing (All Levels) 18:45 - 19:30	Boxing (Basic) 18:30 - 19:15	Boxing (All Levels) 18:45 - 19:30	Boxing (All Levels) 18:30 - 19:15					
9:00 - 10:00pm	Boxing (All Levels) 19:30 - 20:15	Strength and Conditioning 19:45 - 20:30	Boxing (All Levels) 19:30 - 20:15		Boxing (All Levels) 19:30 - 20:15	Boxing (All Levels) 19:45 - 20:30	Boxing (All Levels) 19:30 - 20:15	Boxing (All Levels) 19:45 - 20:30	Boxing (All Levels) 19:30 - 20:15					
	Boxing (Intermediate) 20:30 - 21:15	Boxing (All Levels) 20:45 - 21:30	Advanced Boxing & Sparring 20:30 - 21:15	Boxi (Intermediate) 20:45 - 21:45	Boxing (Intermediate) 20:30 - 21:15	Strength and Conditioning 20:45 - 21:30	Advanced Boxing & Sparring 20:30 - 21:15	Boxi (Intermediate) 20:45 - 21:45						

