

TAI SENG TIMETABLE 2021

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 06:30AM	GYM OPEN 08:30AM	GYM OPEN 08:30AM
Basic Boxing 07:00AM-07:45AM	Basic Boxing 07:00AM-07:45AM	Basic Boxing 07:00AM-07:45AM	Basic Boxing 07:00AM-07:45AM	Basic Boxing 07:00AM-07:45AM		
Basic Boxing 08:00AM-08:45AM	Basic Boxing 08:00AM-08:45AM	Basic Boxing 08:00AM-08:45AM	Basic Boxing 08:00AM-08:45AM	Basic Boxing 08:00AM-08:45AM		
Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Intermediate Boxing 09:00AM-09:45AM	Basic Boxing 09:00AM-09:45AM	Basic Boxing 09:00AM-09:45AM
Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Self Training 10:00AM-10:45AM	Kids Boxing 10:00AM - 10:45AM	Kids Boxing 10:00AM - 10:45AM
Gym Sanitization 11:00AM - 12:00PM	Gym Sanitization 11:00AM - 12:00PM	Gym Sanitization 11:00AM - 12:00PM	Gym Sanitization 11:00AM - 12:00PM	Gym Sanitization 11:00AM - 12:00PM	Basic Boxing 11:00AM - 11:45AM	Basic Boxing 11:00AM - 11:45AM
Basic Boxing 12:15PM - 13:00PM	Basic Boxing 12:15PM - 13:00PM	Basic Boxing 12:15PM - 13:00PM	Basic Boxing 12:15PM - 13:00PM	Basic Boxing 12:15PM - 13:00PM	Gym Sanitization 12:00PM - 13:15AM	Gym Sanitization 12:00PM - 13:15AM
Intermediate Boxing 13:15PM - 14:00PM	Intermediate Boxing 13:15PM - 14:00PM	Intermediate Boxing 13:15PM - 14:00PM	Intermediate Boxing 13:15PM - 14:00PM	Intermediate Boxing 13:15PM - 14:00PM	Intermediate Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM
Gym Sanitization 14:15PM - 15:15PM	Gym Sanitization 14:15PM - 15:15PM	Gym Sanitization 14:15PM - 15:15PM	Gym Sanitization 14:15PM - 15:15PM	Gym Sanitization 14:15PM - 15:15PM	Basic Boxing 14:00PM - 14:45PM	Basic Boxing 14:00PM - 14:45PM
					Basic Boxing 15:00PM - 15:45PM	Basic Boxing 15:00PM - 15:45PM
Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM	Self Training 15:30PM-16:15PM	CLOSED 16:00PM	CLOSED 16:00PM
Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM	Kids Boxing 16:30PM - 17:15PM		
Basic Boxing 17:30PM-18:15PM	Basic Boxing 17:30PM-18:15PM	Basic Boxing 17:30PM-18:15PM	Basic Boxing 17:30PM-18:15PM	Basic Boxing 17:30PM-18:15PM		
Basic Boxing 18:30PM-19:15PM	Basic Boxing 18:30PM-19:15PM	Basic Boxing 18:30PM-19:15PM	Basic Boxing 18:30PM-19:15PM	Basic Boxing 18:30PM-19:15PM		
HIIT Boxing 19:30PM - 20:15PM	HIIT Boxing 19:30PM - 20:15PM	HIIT Boxing 19:30PM - 20:15PM	HIIT Boxing 19:30PM - 20:15PM	HIIT Boxing 19:30PM - 20:15PM		
Intermediate Boxing 20:30PM - 21:15PM	Intermediate Boxing 20:30PM - 21:15PM	Intermediate Boxing 20:30PM - 21:15PM	Intermediate Boxing 20:30PM - 21:15PM	Intermediate Boxing 20:30PM - 21:15PM		
CLOSED 21:30PM	CLOSED 21:30PM	CLOSED 21:30PM	CLOSED 21:30PM	CLOSED 21:30PM		