

JOO CHIAT TIMETABLE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM OPENS AT 06:30AM	GYM OPENS AT 06:30AM	GYM OPENS AT 06:30AM	GYM OPENS AT 06:30AM	GYM OPENS AT 06:30AM	GYM OPENS AT 08:30AM	GYM OPENS AT 08:30AM
Intermediate Boxing 07:00AM - 07:30AM	Intermediate Boxing 07:00AM - 07:30AM	Intermediate Boxing 07:00AM - 07:30AM	Intermediate Boxing 07:00AM - 07:30AM	Intermediate Boxing 07:00AM - 07:30AM		
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	Basic Boxing/Online 09:00AM - 09:45AM	Basic Boxing/Online 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	Intermediate Boxing 09:00AM - 09:45AM		
Self-Training 10:00AM - 12:15PM	Self-Training 10:00AM - 12:15PM	Self-Training 10:00AM - 12:15PM	Self-Training 10:00AM - 12:15PM	Self-Training 10:00AM - 12:15PM	Kids Boxing (ALL LEVELS) 10:00AM - 10:45AM	Kids Boxing (ALL LEVELS) 10:00AM - 10:45AM
Basic Boxing 12:30PM - 13:15PM	Basic Boxing 12:30PM - 13:15PM	Basic Boxing 12:30PM - 13:15PM	Basic Boxing 12:30PM - 13:15PM	Basic Boxing 12:30PM - 13:15PM	Intermediate Boxing/Online 11:00AM - 11:45AM	Intermediate Boxing/Online 11:00AM - 11:45AM
Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:30PM - 14:15PM	Intermediate Boxing 13:00PM - 13:45PM	Intermediate Boxing 13:00PM - 13:45PM
Self-Training 14:30PM - 16:15PM	Self-Training 14:30PM - 16:15PM	Self-Training 14:30PM - 16:15PM	Self-Training 14:30PM - 16:15PM	Self-Training 14:30PM - 16:15PM	Basic Boxing/Free-Trial 14:00PM - 14:45PM	Basic Boxing/Free-Trial 14:00PM - 14:45PM
Kids Boxing (ALL LEVELS) 16:30PM - 17:15PM	Kids Boxing (ALL LEVELS) 16:30PM - 17:15PM	Kids Boxing (ALL LEVELS) 16:30PM - 17:15PM	Kids Boxing (ALL LEVELS) 16:30PM - 17:15PM	Kids Boxing (ALL LEVELS) 16:30PM - 17:15PM	Basic Boxing/Free-Trial 15:00PM - 15:45PM	Basic Boxing/Free-Trial 15:00PM - 15:45PM
Basic Boxing/Online 17:30PM - 18:15PM	Basic Boxing/Online 17:30PM - 18:15PM	Basic Boxing/Online 17:30PM - 18:15PM	Basic Boxing/Online 17:30PM - 18:15PM	Basic Boxing/Online 17:30PM - 18:15PM	GYM CLOSE AT 16:00PM	GYM CLOSE AT 16:00PM
Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM	Intermediate Boxing/Online 18:30PM - 19:15PM		
Basic Boxing/Free-Trial 19:30PM - 20:15PM	Basic Boxing/Free-Trial 19:30PM - 20:15PM	Basic Boxing/Free-Trial 19:30PM - 20:15PM	Basic Boxing/Free-Trial 19:30PM - 20:15PM	Basic Boxing/Free-Trial 19:30PM - 20:15PM		
Basic Boxing/Free-Trial 20:30PM - 21:15PM	Basic Boxing/Free-Trial 20:30PM - 21:15PM	Basic Boxing/Free-Trial 20:30PM - 21:15PM	Basic Boxing/Free-Trial 20:30PM - 21:15PM	Basic Boxing/Free-Trial 20:30PM - 21:15PM		
GYM CLOSE 21:30PM	GYM CLOSE 21:30PM	GYM CLOSE 21:30PM	GYM CLOSE 21:30PM	GYM CLOSE 21:30PM		



REGULAR OPERATING HOURS

WEEKDAYS	07:00AM - 21:15pm
WEEKENDS	09:00AM - 15:45PM

*Classes may be subjected to last minute changes.

LEGEND

Basic Boxing/Online	Intro to fundamental boxing techniques and tactics. Push yourself harder for greater intensity!
Intermediate Boxing/Online	A High Intensity Interval class that is boxing based. Quick, intense, yet manageable.
Kids Boxing	Little Spartans 8-12. Kickstart their active lifestyle!