Serangoon Gardens Timetable Effective:

30th August 2021

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	SG	BD	SG	BD	SG	BD	SG	BD	SG	BD	SG	BD	SG	BD
6:00 - 7:00am														
7:00 - 8:00am	ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD					
8:00 - 9:00am	ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD					
9:00 - 10:00am											ALL LEVELS VAXD	KIDS BOXING 7-12YRS OLD	ALL LEVELS VAXD	
10:00 - 11:00am											BASIC VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	
11:00 - 12:00pm											ALL LEVELS VAXD	INTRO TO SPARRING	BASIC VAXD	
12:00 - 1:00pm	ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD		ALL LEVELS VAXD	BASIC VAXD	ALL LEVELS VAXD	
1:00 - 2:00pm			OPEN GYM				OPEN GYM					FIGHT TEAM		
2:00 - 3:00pm														
3:00 - 4:00pm														
4:00 - 5:00pm														
5:00 - 6:00pm					KIDS BOXING 4-7YRS OLD									
6:00 - 7:00pm	BASIC VAXD	BASIC VAXD	BASIC VAXD	BOXING FITNESS	BASIC VAXD	BASIC VAXD	BASIC VAXD	BOXING FITNESS	BASIC VAXD	BASIC VAXD				
7:00 - 8:00pm	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD	ALL LEVELS VAXD				
8:00 - 9:00pm	ALL LEVELS VAXD	SPARRING	ALL LEVELS VAXD	Strength & Conditioning	ALL LEVELS VAXD	SPARRING	ALL LEVELS VAXD	Strength & Conditioning	ALL LEVELS VAXD					
9:00 - 10:00pm														