

TIMETABLE AS OF SEPTEMBER 2021

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate Boxing (07:00 - 7:45am)		Intermediate Boxing (07:00 - 7:45am)		Intermediate Boxing (07:00 - 7:45am)	Basic Boxing (08:00 - 8:45am)	Basic Boxing (08:00 - 8:45am)
Strength & Conditioning (8:00 - 8:45am)		Strength & Conditioning (8:00 - 8:45am)		Strength & Conditioning (8:00 - 8:45am)	Intermediate Boxing (09:00 - 9:45am)	All Levels (9:00 - 9:45am)
					All Levels (10:00 - 10:45am)	
Self-Training (9:30 - 11:30am)		Self-Training (9:30 - 11:30am)		Self-Training (9:30 - 11:30am)	Kids Class (11:00 - 11:45am)	
					Intermediate Boxing (12:00-12:45pm)	SPARRING (12:00 - 12:45pm)
Basic Boxing (12:30 - 1:15pm)	Intermediate Boxing (12:30 - 1:15pm)	Basic Boxing (12:30 - 1:15pm)	Intermediate Boxing (12:30 - 1:15pm)	Basic Boxing (12:30 - 1:15pm)	All Levels (1:00 - 1:45pm)	All Levels (1:00 - 1:45pm)
Intermediate Boxing (1:30 - 2:15pm)	Basic Boxing (1:30 - 2:15pm)	Intermediate Boxing (1:30 - 2:15pm)	Basic Boxing (1:30 - 2:15pm)	Intermediate Boxing (1:30 - 2:15pm)	Closes 2:00 pm	
SANITATION & CLEANING						
	Self-Training (2:30 - 4:30pm)					
Kids Class (4:30 - 5:15pm)	Basic Boxing (4:30 - 5:15pm)	All Levels (4:30 - 5:15pm)	Kids Class (4:30 - 5:15pm)	All Levels (4:30 - 5:15pm)		
Basic Boxing (5:30 - 6:15pm)	Intermediate Boxing (5:30 - 6:15pm)	Basic Boxing (5:30 - 6:15pm)	Intermediate Boxing (5:30 - 6:15pm)	Basic Boxing (5:30 - 6:15pm)		
Intermediate Boxing (6:30 - 7:15pm)	All Levels (6:30 - 7:15pm)	Intermediate Boxing (6:30 - 7:15pm)	Basic Boxing (6:30 - 7:15pm)	Intermediate Boxing (6:30 - 7:15pm)		
All Levels (7:30 - 8:15pm)	Intermediate Boxing (7:30 - 8:15pm)	Basic Boxing (7:30 - 8:15pm)	Intermediate Boxing (7:30 - 8:15pm)	SPARRING (7:30 - 8:15pm)		
Intermediate Boxing (8:30 - 9:15pm)	Basic Boxing (8:30 - 9:15pm)	Intermediate Boxing (8:30 - 9:15pm)	All Levels (8:30 - 9:15pm)	All Levels (8:30 - 9:15pm)		
Closes 930 pm						

Highlighted times are group classes with a coach.
First-timers in boxing are required to attend Trial Class

Classes will only run for 45mins

No entry to classes for latecomers exceeding 10 minutes.

Classes may be subjected to last minute changes - all members will be notified as soon as possible.

Basic : New / Developmental / Trial

All Levels : New / Skilled / Trial

Intermediate : Advanced / Higher Intensity

Sparring : Experienced
*(with protective gear)

Kids : 0 - Skilled / Experience.
Only 4 - 12 Years old

Outdoor: High Intensity / Conditioning.
Held @ Tai Gen Road

Strength & Conditioning

