

Spartans Boxing Club Tai Seng timetable 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| Gym open 6:30 AM | 6:30 AM | 6:30 AM | 6:30 AM | 6:30 AM | 8:30 AM | 8:30 AM |
| Basic Boxing 7:00-7:45 AM | Basic boxing 7:00-7:45 AM | Basic boxing 7:00-7:45 AM | Basic boxing 7:00-7:45 AM | Basic boxing 7:00-7:45 AM | | |
| All Levels Boxing 8:00-8:45 AM | All Levels Boxing 8:00-8:45 AM | All Levels Boxing 8:00-8:45 AM | All Levels Boxing 8:00-8:45 AM | All Levels Boxing 8:00-8:45 AM | | |
| Outdoor Boxing 9:00-9:45 AM | Outdoor Boxing 9:00-9:45 AM | Outdoor Boxing 9:00-9:45 AM | Outdoor Boxing 9:00-9:45 AM | Outdoor Boxing 9:00-9:45 AM | Basic boxing 9:00-9:45 AM | Basic boxing 9:00-9:45 AM |
| Self training 10:00-10:45 AM | Self training 10:00-10:45 AM | Self training 10:00-10:45 AM | Self training 10:00-10:45 AM | Self training 10:00-10:45 AM | Kids boxing 10:00-10:45 AM | Kids boxing 10:00-10:45 AM |
| Gym sanitization | Gym sanitization | Gym sanitization | Gym sanitization | Gym sanitization | Outdoor Boxing 11:00-11:45 AM | Outdoor Boxing 11:00-11:45 AM |
| Basic boxing 12:15-1:00 PM | Basic boxing 12:15-1:00 PM | Basic boxing 12:15-1:00 PM | Basic boxing 12:15-1:00 PM | Basic boxing 12:15-1:00 PM | Gym sanitization | Gym sanitization |
| All Levels Boxing 1:15-2:00 PM | All Levels Boxing 1:15-2:00 PM | All Levels Boxing 1:15-2:00 PM | All Levels Boxing 1:15-2:00 PM | All Levels Boxing 1:15-2:00 PM | All Levels Boxing 1:00-1:45 PM | All Levels Boxing 1:00-1:45 PM |
| Gym sanitization | Gym sanitization | Gym sanitization | Gym sanitization | Gym sanitization | HIIT Boxing 2:00-2:45 PM | HIIT Boxing 2:00-2:45 PM |
| Self training 3:30-4:15 PM | Self training 3:30-4:15 PM | Self training 3:30-4:15 PM | Self training 3:30-4:15 PM | Self training 3:30-4:15 PM | Basic boxing 3:00-3:45 PM | Basic boxing 3:00-3:45 PM |
| Kids boxing 4:30-5:15 PM | Kids boxing 4:30-5:15 PM | Kids boxing 4:30-5:15 PM | Kids boxing 4:30-5:15 PM | Kids boxing 4:30-5:15 PM | Gym close 4:00 PM | Gym close 4:00 PM |
| HIIT Boxing 5:30-6:15 PM | All Levels Boxing 5:30-6:15 PM | HIIT Boxing 5:30-6:15 PM | Basic boxing 5:30-6:15 PM | HIIT Boxing 5:30-6:15 PM | | |
| Basic boxing 6:30-7:15 PM | HIIT Boxing 6:30-7:15 PM | All Levels Boxing 6:30-7:15 PM | HIIT Boxing 6:30-7:15 PM | Basic boxing 6:30-7:15 PM | | |
| Outdoor Boxing 7:30-8:15 PM | Basic boxing 7:30-8:15 PM | Outdoor Boxing 7:30-8:15 PM | All Levels Boxing 7:30-8:15 PM | Outdoor Boxing 7:30-8:15 PM | | |
| All Levels Boxing 8:30-9:15 PM | Outdoor Boxing 8:30-9:15 PM | Basic boxing 8:30-9:15 PM | Outdoor Boxing 8:30-9:15 PM | All Levels Boxing 8:30-9:15 PM | | |
| Gym close 9:30 PM | 9:30 PM | 9:30 PM | 9:30 PM | 9:30 PM | | |

