

# 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	HIIT Boxing 7:00-7:45 AM	All Levels Boxing 7:00-7:45 AM	Basic Boxing 7:00-7:45 AM	HIIT Boxing 7:00-7:45 AM		
All Levels Boxing 8:00-8:45 AM	Basic Boxing 8:00-8:45 AM	HIIT Boxing 8:00-8:45 AM	All Levels Boxing 8:00-8:45 AM	Basic Boxing 8:00-8:45 AM		
HIIT Boxing 9:00-9:45 AM	All Levels Boxing 9:00-9:45 AM	Basic Boxing 9:00-9:45 AM	HIIT Boxing 9:00-9:45 AM	All Levels 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	Basic Boxing 11:00-11:45 AM	All Levels 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	HIIT Boxing 1:00-1:45 PM
Gym sanitization	Gym sanitization	Gym sanitization	Gym sanitization	Gym sanitization	HIIT Boxing 2:00-2:45 PM	Basic 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	Advanced 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	All Levels Boxing 5:30-6:15 PM	HIIT Boxing 5:30-6:15 PM		
All Levels 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	All Levels Boxing 6:30-7:15 PM		
Basic Boxing 7:30-8:15 PM	Basic Boxing 7:30-8:15 PM	Basic Boxing 7:30-8:15 PM	Basic Boxing 7:30-8:15 PM	Basic Boxing 7:30-8:15 PM		
Advanced Boxing 8:30-9:15 PM	Introduction to Sparring 8:30-9:15 PM	Advanced Boxing 8:30-9:15 PM	Introduction to Sparring 8:30-9:15 PM	Advanced Boxing 8:30-9:15 PM		
Gym close 9:30 PM	9:30 PM	9:30 PM	9:30 PM	9:30 PM		

