

TIMETABLE AS OF OCTOBER 2021

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)	FIGHT TEAM TRAINING
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)	INTRO TO SPARRING (7:30 - 8:15pm)		
Intermediate Boxing (8:30 - 9:15pm)	FIGHT TEAM TRAINING	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

