

SPARTANS BOXING CLUB JOO CHIAT

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Day/Time	Saturday	Sunday
0700 – 0745	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	0900 – 0945	Basic Boxing	Basic Boxing
0800 – 0845	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	1000 – 1045	Kids Boxing	Kids Boxing
0900 – 0945	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	1100 – 1145	Intermediate Boxing	Intermediate Boxing
1000 – 1215	OPEN GYM / SELF-TRAINING Open Gym					1200 – 1250	OPEN GYM	OPEN GYM
						1300 – 1345	Intermediate Boxing	Sparring Class
1230 – 1315	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	1400 – 1445	Basic Boxing/ Free-Trial	Basic Boxing/ Free-Trial
1330 – 1415	Boxing Fitness	Kids Boxing	Boxing Fitness	Kids Boxing	Boxing Fitness	1500 – 1545	Basic Boxing/ Free-Trial	Basic Boxing/ Free-Trial
1430 – 1600	OPEN GYM / SELF-TRAINING					1600	Gym Close	Gym Close
1615 – 1715	Kids Boxing	Kids Boxing	Kids Boxing	Kids Boxing	Kids Boxing	Basic: Intro to fundamental boxing techniques Intermediate: Higher intensity class with more advanced techniques Kids: Little Spartans Under 12 years Boxing Fitness: HIIT / Strength and Conditioning - focused class NOTICE: <ul style="list-style-type: none"> Class sizes are subject to changes as per the latest COVID-19 Regulations Class timings may be subjected to last-minute changes Members who have not made a booking will not be permitted to join the class 		
1730 – 1815	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing	Basic Boxing			
1830 – 1915	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing	Intermediate Boxing			
1930 – 2015	Basic Boxing/ Free-Trial	Basic Boxing/ Free-Trial	Basic Boxing/ Free-Trial	Basic Boxing/ Free-Trial	Basic Boxing/ Free-Trial			
2030 – 2115	Basic Boxing/ Free-Trial	Fight Team Training	Sparring Class	Basic Boxing/ Free-Trial	Fight Team Training			
2130	Gym Close	Gym Close	Gym Close	Gym Close	Gym Close			

