

# Downtown East Timetable Effective February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GYM OPEN 9:00AM</b>						
Intermediate Boxing 09:00AM - 10:00AM	Basic Boxing 9:00AM - 10:00AM	Intermediate Boxing 09:00AM - 10:00AM	Basic Boxing 9:00AM - 10:00AM	Intermediate Boxing 09:00AM - 10:00AM	Intermediate Boxing 09:00AM - 10:00AM	Basic Boxing 09:00AM - 10:00AM
Basic Boxing 10:15AM - 11:15AM	Intermediate Boxing 10:15AM - 11:15AM	Basic Boxing 10:15AM - 11:15AM	Intermediate Boxing 10:15AM - 11:15AM	Basic Boxing 10:15AM - 11:15AM	Basic Boxing 10:00AM - 11:00AM	Intermediate Boxing 10:00AM - 11:00AM
Open Gym 11:15AM - 12:15PM	Open Gym 11:15AM - 12:15PM	Open Gym 11:15AM - 12:15PM	Open Gym 11:15AM - 12:15PM	Open Gym 11:15AM - 12:15PM	Kids Class 11:00AM - 12:00PM	Kids Class 11:00AM - 12:00PM
ALL Levels 12:15PM - 13:15PM	Open Gym 12:15PM - 13:15PM	ALL Levels 12:15PM - 13:15PM	Open Gym 12:15PM - 13:15PM	ALL Levels 12:15PM - 13:15PM	Intermediate Boxing 12:00PM - 13:00PM	Basic Boxing 12:00PM - 12:45PM
Open Gym 13:15PM - 14:00PM	ALL Levels 13:15PM - 14:15PM	Open Gym 13:15PM - 14:00PM	ALL Levels 13:15PM - 14:15PM	Open Gym 13:15PM - 14:00PM	Basic Boxing 13:00AM - 14:00PM	Intermediate Boxing 13:00PM - 14:00PM
CLOSED 14:00 PM- 17:00PM	CLOSED 14:00 PM- 16:00PM	CLOSED 14:00 PM- 16:00PM	CLOSED 14:00 PM- 16:00PM	CLOSED 14:00 PM- 17:00PM	CLOSED 14:00PM- 15:00PM	CLOSED 14:00PM- 15:00PM
	Kids Class 16:00PM - 17:00PM	Kids Class 16:00PM - 17:00PM	Kids Class 16:00PM - 17:00PM		Boxing Fitness 15:00PM - 16:00PM	Basic Boxing 15:00PM - 16:00PM
	Intermediate Boxing 17:00PM-18:00PM	Basic Boxing 17:00PM - 18:00PM	Intermediate Boxing 17:00PM-18:00PM		Basic Boxing 16:00PM - 17:00PM	Intermediate Boxing 16:00PM - 17:00PM
Basic Boxing 17:00PM - 18:00PM	Intermediate Boxing 17:00PM-18:00PM	Basic Boxing 17:00PM - 18:00PM	Intermediate Boxing 17:00PM-18:00PM	Basic Boxing 17:00PM - 18:00PM	CLOSED 17:00PM	CLOSED 17:00PM
Intermediate Boxing 18:15PM-19:15PM	Basic Boxing 18:15PM - 19:15PM	Intermediate Boxing 18:15PM-19:15PM	Basic Boxing 18:15PM - 19:15PM	Intermediate Boxing 18:15PM-19:15PM		
Basic Boxing 19:30PM - 20:30PM	Boxing Fitness 19:30PM - 20:30PM	Basic Boxing 19:30PM - 20:30PM	Boxing Fitness 19:30PM - 20:30PM	Basic Boxing 19:30PM - 20:30PM		
Intermediate Boxing 20:30PM-21:30PM	Basic Boxing 20:30PM - 21:30PM	Boxing Fitness 20:30PM - 21:30PM	Basic Boxing 20:30PM - 21:30PM	Intermediate Boxing 20:30PM-21:30PM		
CLOSED 22:00PM						



**Regular Operating Hours:**

Mon & Fri	09:00AM-14:00PM 17:00 PM - 22:00PM
Tues,Wed, Thurs	09:00 AM - 14:00 PM 16:00 PM - 22:00 PM
Sat, Sun	09:00 AM - 14:00 PM 15:00 PM - 17:00 PM

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

Class	Description
<b>Open Gym</b>	Members can utilise our gym facilities and equipments
<b>Basic Boxing</b>	Slightly more emphasis on foundation and basics.
<b>Intermediate Boxing</b>	Higher level boxing techniques and tactics. For Spartans who have had some basic boxing or prior experience.
<b>Boxing Fitness</b>	Fast-paced class to ensure you the conditioning you need to get fight fit.
<b>All Levels</b>	Basic to elite, all inclusive class
<b>Kids Boxing</b>	Little Spartans 4-12. Kickstart their active lifestyle!
<b>Family Boxing</b>	Parent-Child boxing classes. Adult member can bring his child, and child member can bring his parent!