Serangoon Gardens Timetable:

S.Gardens Way + Burghley Drive

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 - 7:00am	S. Gardens	Burghley Drive	S. Gardens	Burghley Drive	S. Gardens	Burghley Drive	S. Gardens	Burghley Drive	S. Gardens	Burghley Drive	S. Gardens	Burghley Drive	S. Gardens	Burghley Drive
7:00 - 8:00am	ALL LEVELS		ALL LEVELS		ALL LEVELS		ALL LEVELS		ALL LEVELS					
8:00 - 9:00am	ALL LEVELS		ALL LEVELS		ALL LEVELS		ALL LEVELS		ALL LEVELS					
9:00 - 10:00am											KIDS BOXING		ALL LEVELS	ALL LEVELS
10:00 - 11:00am											LADIES BOXING	ALL LEVELS	PARTNER PADS	
11:00 - 12:00pm											ALL LEVELS	Boxing Circut	ALL LEVELS	INTRO TO SPARRING
12:00 - 1:00pm	ALL LEVELS		ALL LEVELS		ALL LEVELS		ALL LEVELS		ALL LEVELS		ALL LEVELS	BASIC		BASIC
1:00 - 2:00pm	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		ALL LEVELS		PILATES	
2:00 - 3:00pm											FIGHT TEAM			
3:00 - 4:00pm														
4:00 - 5:00pm				KIDS BOXING				KIDS BOXING						
5:00 - 6:00pm				HIIT BOXING										
6:00 - 7:00pm	ALL LEVELS	BASIC	BASIC	HIIT BOXING	ALL LEVELS	Strength & Conditioning	ALL LEVELS	HIIT BOXING	ALL LEVELS					
7:00 - 8:00pm	BASIC	ALL LEVELS	ALL LEVELS	BASIC	BASIC	ALL LEVELS	ALL LEVELS	BASIC	BASIC					
8:00 - 9:00pm	ALL LEVELS	SPARRING	ALL LEVELS	Strength & Conditioning	ALL LEVELS	SPARRING	INTRO TO SPARRING	HIIT BOXING	ALL LEVELS					
9:00 - 10:00pm				FIGHT TEAM				FIGHT TEAM						
10:00 - 11:00pm														