

SPARTANS SPRINGLEAF TIMETABLE (Soft Launch Week)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY | SUNDAY |
|-----------------|---------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|-----------------|---------------------------|---------------------|
| 8:00 - 8:45am | Basic Boxing | Basic Boxing | Basic Boxing | Basic Boxing | Basic Boxing | | | |
| 9:00 - 9:45am | All Levels Boxing | Intermediate Boxing | All Levels Boxing | Intermediate Boxing | All Levels Boxing | 9:00 - 9:45am | HIIT | Kids Boxing |
| 10:00 - 10:45am | Basic Boxing / Free Trial | Basic Boxing / Free Trial | Basic Boxing / Free Trial | Basic Boxing / Free Trial | Basic Boxing / Free Trial | 10:00 - 10:45am | Basic Boxing | Basic Boxing |
| | | | | | | 11:00 - 11:45am | Intermediate Boxing | Intermediate Boxing |
| 12:30 - 1:30pm | All Levels Boxing | All Levels Boxing | All Levels Boxing | All Levels Boxing | Kids Boxing | 12:00 - 12:45pm | Open Gym / Self- Training | |
| | Open Gym / Self - Training / PT | | | | | 1:00 - 1:45pm | Basic Boxing | All Levels Boxing |
| | | | | | | 2:00 - 2:45pm | Intermediate Boxing | Intermediate Boxing |
| | | | | | | 3:00 - 3:45pm | All Levels Boxing | Basic Boxing |
| | | | | | | 4:00 - 4:45pm | Basic Boxing | All Levels Boxing |
| 5:30 - 6:15pm | Basic Boxing | HIIT | Basic Boxing | Strength & Conditioning | Basic Boxing | 5:00 PM | GYM CLOSE | |
| 6:30 - 7:15pm | All Levels Boxing | All Levels Boxing | All Levels Boxing | All Levels Boxing | All Levels Boxing | | | |
| 7:30 - 8:15pm | Intermediate Boxing | All Levels Boxing | Intermediate Boxing | All Levels Boxing | Intermediate Boxing | | | |
| 8:30 - 9:15pm | Basic Boxing / Free Trial | Basic Boxing / Free Trial | Basic Boxing / Free Trial | Basic Boxing / Free Trial | Basic Boxing / Free Trial | | | |
| 9:30 PM | GYM CLOSE | | | | | | | |