

### SPARTANS JURONG WEST TIMETABLE (wef 4/05/22)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:00am Basic Boxing	7:15 - 8:00am All Levels Boxing	7:15 - 8:00am Basic Boxing	7:15 - 8:00am All Levels Boxing	7:15 - 8:00am Basic Boxing		
8:15 - 9:00am All Levels Boxing	8:15 - 9:00am Basic Boxing	8:15 - 9:00am All Levels Boxing	8:15 - 9:00am Basic Boxing	8:15 - 9:00am All Levels Boxing	8:00 - 8:45am Basic Boxing	8:00 - 8:45am All Levels Boxing
9:00am - 2pm Closed	9:00am - 4:30pm Closed	9:00am - 12:00pm Closed	9:00am - 4:30pm Closed	9:00am - 2:00pm Closed	9:00 - 9:45am Intermediate Boxing	9:00 - 9:45am Basic Boxing
		12:00 - 12:45pm All Levels Boxing			10:00 - 10:45am All Levels Boxing	10:00 - 10:45am All Levels Boxing
		1:00 - 1:45pm Basic Boxing			11:00 - 11:45am Basic Boxing	11:00 - 11:45am Basic Boxing
2:00 - 4.30pm Open Gym		2:00 - 4.30pm Open Gym		2:00 - 4.30pm Open Gym	12:00 - 12:45pm All Levels Boxing	12:00 - 12:45am Ladies Boxing
4:30 - 5:15pm All Levels Boxing	4:30 - 5:15pm Kids Boxing	4:30 - 5:15pm All Levels Boxing	4:30 - 5:15pm Kids Boxing	4:30 - 5:15pm All Levels Boxing	1:00 - 1:45pm Kids Boxing	1:00 - 1:45pm Kids Boxing
5:30 - 6:15pm Basic Boxing	5:30 - 6:15pm Basic Boxing	5:30 - 6:15pm Basic Boxing	5:30 - 6:15pm Basic Boxing	5:30 - 6:15pm Basic Boxing	<b>2:00pm GYM CLOSED</b>	<b>2:00pm GYM CLOSED</b>
6:30 - 7:15pm Intermediate Boxing	6:30 - 7:15pm Strength & Conditioning	6:30 - 7:15pm Intermediate Boxing	6:30 - 7:15pm Strength & Conditioning	6:30 - 7:15pm Intermediate Boxing		
7:30 - 8:15pm Basic Boxing	7:30 - 8:15pm Intermediate Boxing	7:30 - 8:15pm Basic Boxing	7:30 - 8:15pm Intermediate Boxing	7:30 - 8:15pm Basic Boxing		
8:30 - 9:15pm All Levels Boxing	8:30 - 9:15pm Sparring	8:30 - 9:15pm All Levels Boxing	8:30 - 9:15pm Sparring	8:30 - 9:15pm All Levels Boxing		
<b>9:30pm GYM CLOSED</b>						