

Spartans Jalan Kayu Timetable - Effective 1st April 2022						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Opens at 6:50am					Gym Opens at 8:50am	
7:00am - 7:45am Boxing HIIT	7:00am - 7:45am Basic Boxing	7:00am - 7:45am Boxing HIIT	7:00am - 7:45am Basic Boxing	7:00am - 7:45am Boxing HIIT		
8:00am - 8:45am Basic Boxing	8:00am - 8:45am All Levels	8:00am - 8:45am Advanced Boxing	8:00am - 8:45am All Levels	8:00am - 8:45am Advanced Boxing	9:00am - 9:45am Kids Boxing	9:00am - 9:45am Kids Boxing
9:00am - 11:00am Closed Gym	9:00am - 11:00am Closed Gym	9:00am - 11:00am Closed Gym	9:00am - 11:00am Closed Gym	9:00am - 11:00am Closed Gym	10:00am - 10:45am Basic Boxing	10:00am - 10:45am Basic Boxing
11:00am - 12:00pm Gym Sanitization	11:00am - 12:00pm Gym Sanitization	11:00am - 12:00pm Gym Sanitization	11:00am - 12:00pm Gym Sanitization	11:00am - 12:00pm Gym Sanitization	11:00am - 11:45am Intro to Sparring	11:00am - 11:45am Sparring
12:15pm - 1:00pm All Levels	12:15pm - 1:00pm Basic Boxing	12:15pm - 1:00pm All Levels	12:15pm - 1:00pm Basic Boxing	12:15pm - 1:00pm All Levels	12:45pm to 1:30pm All Levels	12:45pm to 1:30pm All Levels
1:15pm - 2:00pm Boxing HIIT	1:15pm - 2:00pm All Levels	1:15pm - 2:00pm Boxing HIIT	1:15pm - 2:00pm All Levels	1:15pm - 2:00pm Boxing HIIT	1:45pm - 2:30pm Basic Boxing	1:45pm - 2:30pm Basic Boxing
2:00pm - 4:00pm Closed Gym	2:00pm - 4:00pm Closed Gym	2:00pm - 4:00pm Closed Gym	2:00pm - 4:00pm Closed Gym	2:00pm - 4:00pm Closed Gym	2:45pm - 3:30pm Boxing HIIT	2:45pm - 3:30pm Boxing HIIT
4:00pm - 4:30pm Gym Sanitization	4:00pm - 4:30pm Gym Sanitization	4:00pm - 4:30pm Gym Sanitization	4:00pm - 4:30pm Gym Sanitization	4:00pm - 4:30pm Gym Sanitization	Gym Closes at 3:45pm	
4:30pm - 5:15pm Kids Boxing	4:30pm - 5:15pm Kids Boxing	4:30pm - 5:15pm Kids Boxing	4:30pm - 5:15pm Kids Boxing	4:30pm - 5:15pm Kids Boxing		
5:30pm - 6:15pm Basic Boxing	5:30pm - 6:15pm All Levels	5:30pm - 6:15pm Basic Boxing	5:30pm - 6:15pm All Levels	5:30pm - 6:15pm Basic Boxing		
6:30pm - 7:15pm Boxing HIIT Boxing Circuit (Level 1)	6:30pm - 7:15pm Basic Boxing Boxing Technique (Level 1)	6:30pm - 7:15pm Boxing HIIT Boxing Circuit (Level 1)	6:30pm - 7:15pm Basic Boxing Boxing Technique (Level 1)	6:30pm - 7:15pm Boxing HIIT Boxing Circuit (Level 1)		
7:30pm - 8:15pm Basic Boxing Boxing Techniques (Level 1)	7:30pm - 8:15pm Boxing HIIT Boxing Circuit (Level 1)	7:30pm - 8:15pm Basic Boxing Boxing Techniques (Level 1)	7:30pm - 8:15pm Boxing HIIT Boxing Circuit (Level 1)	7:30pm - 8:15pm Basic Boxing Boxing Techniques (Level 1)		
8:30pm - 9.15pm Advanced Boxing	8:30pm - 9.15pm Basic Boxing	8:30pm - 9.15pm Sparring	8:30pm - 9.15pm Basic Boxing	8:30pm - 9.15pm Advanced Boxing		
Gym Closes at 9:30pm						