

SPARTANS JURONG WEST TIMETABLE (wef 20/06/22)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15am All Levels Boxing	7:15 - 8:15am All Levels Boxing	7:15 - 8:15am All Levels Boxing	7:15 - 8:15am All Levels Boxing	7:15 - 8:15am All Levels Boxing		
8:15 - 9:00am Basic Boxing	8:15 - 9:00am Basic Boxing	8:15 - 9:00am Basic Boxing	8:15 - 9:00am Basic Boxing	8:15 - 9:00am Basic Boxing	8:00 - 8:45am Basic Boxing	8:00 - 9am All Levels Boxing
9:00am - 2:00pm Closed	9:00am - 2:00pm Closed	9:00am - 12:00pm Closed 12:00 - 1pm All Levels Boxing 1 - 1.45pm Basic Boxing	9:00am - 2:00pm Closed	9:00am - 2:00pm Closed	9:00 - 9:45am Intermediate Boxing 10:00 - 11am All Levels Boxing 11:00 - 11:45am Basic Boxing	9:00 - 9:45am Basic Boxing 10:00 - 11am All Levels 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	2:00 - 4.30pm Open Gym	2:00 - 4.30pm Open Gym	12pm - 1pm All Levels Boxing	12:00 - 12:45am Ladies Boxing
4:30 - 5:30pm All Levels Boxing	4:30 - 5:15pm Kids Boxing	4:30 - 5:30pm All Levels Boxing	4:30 - 5:15pm Kids Boxing	4:30 - 5:30pm All Levels Boxing	1:00 - 1:45pm Kids Boxing	1:00 - 1:45pm Kids Boxing
5:30 - 6:15pm Basic Boxing	5:30 - 6.30pm All Levels Boxing	5:30 - 6:15pm Basic Boxing	5:30 - 6.30pm All Levels Boxing	5:30 - 6:15pm Basic Boxing	2:00pm GYM CLOSED	
6.15 - 7.30pm Open Gym	6.30 - 7.30pm Open Gym	6.15 - 7.30pm Open Gym	6.30 - 7.30pm Open Gym	6.15 - 7.30pm Open Gym	2:00pm GYM CLOSED	
6:30 - 7:15pm Intermediate Boxing	6:30 - 7:15pm Basic Boxing	6:30 - 7:15pm Intermediate Boxing	6:30 - 7:15pm Basic Boxing	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 - 9:30pm Fight Team Training	8:30 - 9:30pm Sparring	8:30 - 9:30pm All Levels Boxing	8:30 - 9:30pm Sparring	8:30 - 9:30pm All Levels Boxing		
9:30pm GYM CLOSED						

*Open Gym for Self Training

*All Levels/Sparring extended to 1 hour