

Spartans Dhoby Ghaut Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15am - 8:00am Spartans Impact Class		7:15am - 8:00am Spartans Impact Class			
8.15am - 9:00am Spartans Basic	8.15am - 9:00am Spartans FIT	8.15am - 9:00am Spartans Basic	8.15am - 9:00am Spartans FIT	8.15am - 9:00am Spartans Basic		
9am - 12.15pm Open Gym/PT					9:00am - 9:45am Spartans Family	9:00am - 9:45am Spartans Family
					10.00am - 10.45am Spartans Basic	10.00am - 10.45am Spartans Basic
					11.00am - 11.45am Spartans FIT	11.00am - 11.45am Spartans FIT
					12pm - 1pm Open Gym/PT	12pm - 1pm Open Gym/PT
12.15pm - 1pm Spartans Basic	12.15pm - 1pm Spartans Basic	12.15pm - 1pm Spartans Basic	12.15pm - 1pm Spartans Basic	12.15pm - 1pm Spartans Basic	1.00pm - 1.45pm Spartans Basic	1.00pm - 1.45pm Spartans Basic
1.15pm - 2.00pm Spartans Intermediate	1.15pm - 2.00pm Spartans Intermediate	1.15pm - 2.00pm Spartans Intermediate	1.15pm - 2.00pm Spartans Intermediate	1.15pm - 2.00pm Spartans Intermediate	2.00pm - 2.45pm Spartans Basic	2.00pm - 3.15pm Spartans Intensive
2.15pm - 3.30pm Open Gym/PT					3.00pm - 3.45pm Spartans Intermediate	
3.30pm - 4.15pm Spartans Impact Class	3.30pm - 4.15pm Spartans Impact Class	3.30pm - 4.15pm Spartans Impact Class	3.30pm - 4.15pm Spartans Impact Class	3.30pm - 4.15pm Spartans Impact Class		
4.30pm - 5.30pm Open Gym/PT						
5.30pm - 6.15pm Spartans Basic	5.30pm - 6.15pm Spartans Basic	5.30pm - 6.15pm Spartans Basic	5.30pm - 6.15pm Spartans Basic	5.30pm - 6.15pm Spartans Basic		
6.30pm - 7.15pm Spartans Basic	6.30pm - 7.15pm Spartans Basic	6.30pm - 7.15pm Spartans Basic	6.30pm - 7.15pm Spartans Basic	6.30pm - 7.15pm Spartans Basic		
7.30pm - 8.15pm Spartans Ladies	7.30pm - 8.15pm Spartans Intermediate	7.30pm - 8.15pm Spartans Basic	7.30pm - 8.15pm Spartans Intermediate	7.30pm - 8.15pm Spartans Basic		
8.30pm - 9.15pm Spartans Sparring (Ladies Only)	8.30pm - 9.15pm Spartans Impact Class	8.30pm - 9.15pm Spartans Ladies	8.30pm - 9.15pm Spartans Sparring	8.30pm - 9.15pm Spartans Impact Class		