



SPARTANS BOXING CLUB JOO CHIAT

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Day/Time	Saturday	Sunday
0700 – 0745	Spartans Intermediate	Spartans Intermediate	Spartans Intermediate	Spartans Intermediate	Spartans Intermediate	0900 – 0945	Spartans Basic	Spartans Basic
0800 – 0845	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic	1000 – 1045	Spartans Kids	Spartans Kids
0900 – 0945	Spartans Impact	Spartans Impact	Spartans Impact	Spartans Impact	Spartans Impact	1100 – 1145	Spartans Intermediate	Spartans Intermediate
1000 – 1200	OPEN GYM / SELF-TRAINING					1200 – 1250	OPEN GYM / SELF-TRAINING	
1230 – 1330	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic	1300 – 1400	Spartans Impact	Spartans Sparring
1330 – 1400	Spartans Padwork	Spartans Padwork	Spartans Padwork	Spartans Padwork	Spartans Padwork	1400 – 1445	Spartans Basic	Spartans Fighter
1430 – 1600	OPEN GYM / SELF-TRAINING					1500	GYM CLOSE	
1615 – 1715	Spartans Kids	Spartans Kids	Spartans Kids	Spartans Kids	Spartans Kids	Basic: Intro to fundamental boxing techniques Intermediate: Higher intensity class with more advanced techniques Kids: Little Spartans Under 12 years Impact: Impact Tech to track your volume and power! Padwork: Mitts/Pads drills to sharpen your technique		
1730 – 1815	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic			
1830 – 1915	Spartans Intermediate	Spartans Intermediate	Spartans Intermediate	Spartans Intermediate	Spartans Intermediate			
1930 – 2030	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic	Spartans Basic	NOTICE: • <i>Class sizes are subject to changes</i> • <i>Class timings may be subjected to last-minute changes</i> • <i>Members who have not made a booking may not be permitted to join</i>		
2030 – 2100	Spartans Padwork	Spartans Padwork	Spartans Sparring	Spartans Padwork	Spartans Padwork			
2130	GYM CLOSE							