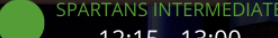
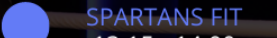
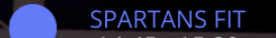
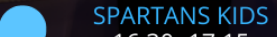
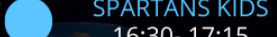
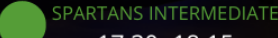
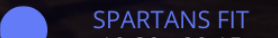


SBC Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 SPARTANS FIT 07:15 - 08:00	 SPARTANS BASIC 07:15 - 08:00	 SPARTANS FIT 07:15 - 08:00	 SPARTANS BASIC 07:15 - 08:00	 SPARTANS FIT 07:15 - 08:00	 SPARTANS KIDS 09:00 - 09:45	 SPARTANS KIDS 09:00 - 09:45
 SPARTANS INTERMEDIATE 08:15 - 09:00	 SPARTANS PARTNER PADWORK 08:15 - 09:00	 SPARTANS INTERMEDIATE 08:15 - 09:00	 SPARTANS PARTNER PADWORK 08:15 - 09:00	 SPARTANS INTERMEDIATE 08:15 - 09:00	 SPARTANS BASIC 10:00 - 10:45	 SPARTANS BASIC 10:00 - 10:45
 Gym Closed 9:30 - 12:00	 Gym Closed 9:30 - 12:00	 Gym Closed 9:30 - 12:00	 Gym Closed 9:30 - 12:00	 Gym Closed 9:30 - 12:00	 SPARRING 11:00 - 11:45	 SPARRING 11:00 - 11:45
 SPARTANS BASIC 12:15 - 13:00	 SPARTANS INTERMEDIATE 12:15 - 13:00	 SPARTANS BASIC 12:15 - 13:00	 SPARTANS INTERMEDIATE 12:15 - 13:00	 SPARTANS BASIC 12:15 - 13:00	 SPARTANS PARTNER PADWORK 12:45 - 13:30	 SPARTANS INTERMEDIATE 12:45 - 13:30
 SPARTANS FIT 13:15 - 14:00	 SPARTANS PARTNER PADWORK 13:15 - 14:00	 SPARTANS FIT 13:15 - 14:00	 SPARTANS BASIC 13:15 - 14:00	 SPARTANS FIT 13:15 - 14:00	 SPARTANS FIT 14:45 - 15:30	 SPARTANS FIT 14:45 - 15:30
 SPARTANS KIDS 16:30 - 17:15		 SPARTANS KIDS 16:30 - 17:15		 SPARTANS KIDS 16:30 - 17:15		
 SPARTANS BASIC 17:30 - 18:15	 SPARTANS INTERMEDIATE 17:30 - 18:15	 SPARTANS BASIC 17:30 - 18:15	 SPARTANS INTERMEDIATE 17:30 - 18:15	 SPARTANS BASIC 17:30 - 18:15		
 SPARTANS FIT 18:30 - 19:15	 SPARTANS BASIC 18:30 - 19:15	 SPARTANS FIT 18:30 - 19:15	 SPARTANS BASIC 18:30 - 19:15	 SPARTANS FIT 18:30 - 19:15		
 SPARTANS BASIC 19:30 - 20:15	 SPARTANS FIT 19:30 - 20:15	 SPARTANS BASIC 19:30 - 20:15	 SPARTANS FIT 19:30 - 20:15	 SPARTANS BASIC 19:30 - 20:15		
 SPARTANS FIGHTER 20:30 - 21:30	 SPARTANS BASIC 20:30 - 21:15	 SPARRING 20:30 - 21:15	 SPARTANS PARTNER PADWORK 20:30 - 21:15	 SPARTANS FIGHTER 20:30 - 21:30		

	KIDS
	INTERMEDIATE
	PARTNER PADWORK
	FIGHTER/SPARRING
	BASICS OF BOXING
	FITNESS



+65 8874 6814



10 Jln Selaseh , SINGAPORE 808437



JALAN KAYU