

TODAY. FITNESS



Gym Operational Hours
0630 – 2200

CLASS SCHEDULE 2023

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Day/Time	Saturday	Sunday
0630 – 0730	Today HIIT	Spartans BASIC	Today CORE	Spartans FIT	Today CORE	0630 - 0800	PERSONAL TRAINING / OPEN GYM	
0730 – 0830	-	Spartans FIT	-	Spartans BASIC	-	0800 – 0900	Spartans FIT	Today HIIT
0830 – 0930	-	Spartans BASIC	-	Spartans FIT	-	0900 – 1000	Spartans BASIC	Today CORE
0630 – 1330	PERSONAL TRAINING / OPEN GYM					1000 – 1100	Spartans FIT	Today HIIT
1330 – 1430	Lunch Classes (Coming Soon)					1000 - 2130	PERSONAL TRAINING / OPEN GYM	
1430 – 1800	PERSONAL TRAINING / OPEN GYM					2200	Gym Close	
1730 – 1830	Spartans BASIC	Today HIIT	Spartans FIT	Today HIIT	Spartans BASIC	Colour Code	Class	
1830 – 1930	Spartans FIT	Today CORE	Spartans BASIC	Today CORE	Spartans FIT		Today CORE	
1930 – 2030	Spartans BASIC	-	Spartans FIT	-	Spartans BASIC		Spartans BASIC (Boxing)	
1900 – 2130	PERSONAL TRAINING / OPEN GYM						Spartans FIT (Boxing)	
2200	Gym Close						PERSONAL TRAINING / OPEN GYM	

Contact TODAY Fitness to book your classes and for more information!

Mobile: +855 81 888 754
 Telegram: @TODAYFitness
 Facebook: Today.Fitness
 Instagram: @boxingspartans.kh

Note*

- All members/gym-users need to be dressed in appropriate sports attire to attend the classes or use the gym facilities.
- Classes have to be booked in advance to secure a place.