

TODAY. FITNESS



Gym Operational Hours
0630 – 2200

CLASS SCHEDULE 2023

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Day/Time	Saturday	Sunday
0630 - 0730	Spartans BASIC	Today HIIT	Spartans FIT	Today HIIT	Spartans BASIC	0630 - 0800	PERSONAL TRAINING / OPEN GYM	
0730 - 1330	PERSONAL TRAINING / OPEN GYM					0800 – 0900	Spartans FIT	Today HIIT
1330 - 1430	Lunch Classes (Coming Soon)					0900 – 1000	Today SPIN	Today CORE
1430 – 1700	PERSONAL TRAINING / OPEN GYM					1000 - 2100	PERSONAL TRAINING / OPEN GYM	
						2130	OPEN GYM	
1700 – 1800	Today SPIN	Today CORE	Today SPIN	Today CORE	Today SPIN	Colour Code	Class	
1800 – 1900	Today HIIT	Spartans BASIC	Today HIIT	Spartans FIT	Today HIIT		Today HIIT	
1900 – 2100	PERSONAL TRAINING / OPEN GYM						Today CORE	
2130	OPEN GYM						Today SPIN	
							Spartans BASIC (Boxing)	
							Spartans FIT (Boxing)	

Contact TODAY Fitness 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.