



Gym Operational Hours

0630 – 2200

CLASS SCHEDULE JUNE 2023

| | | Monday | Tuesday | Wednesday | Thursday | Friday | | | Saturday | Sunday |
|----------------|------------------------|---|---|---|--|--|---|--|---|--|
| WEEKDAY | MORNING CLASSES | | | | | | | | | |
| | | | Spartans IMPACT (Boxing) 0700 – 0800 | | Spartans FIT (Boxing) 0700 – 0800 | | | | Spartans IMPACT (Boxing) 0900 – 1000 | Today YOGA 0900 – 1000 |
| | LUNCH CLASSES | | | | | | | | | |
| | | Spartans IMPACT (Boxing) 1230 – 1330 | | Spartans FIT (Boxing) 1230 – 1330 | | | Spartans IMPACT (Boxing) 1230 – 1330 | | Spartans BASIC (Boxing) 1000 – 1100 | Spartans FIT (Boxing) 1000 – 1100 |
| | EVENING CLASSES | | | | | | | | | |
| | | Spartans BASIC (Boxing) 1730 – 1830 | Today YOGA 1600 – 1700 | Spartans BASIC (Boxing) 1730 – 1830 | Spartans FIT (Boxing) 1730 – 1830 | Spartans BASIC (Boxing) 1730 – 1830 | | | Today SPIN 1100 – 1200 | |
| | | Spartans FIT (Boxing) 1830 – 1930 | Spartans Basic (Boxing) 1730 – 1830 | Spartans IMPACT (Boxing) 1830 – 1930 | Today SPIN 1800 – 1900 | Today YOGA 1830 – 1930 | | | | |
| | | | Today SPIN 1900 – 2000 | | Spartans Basic (Boxing) 1830 – 1930 | | | | | |
| | | WEEKEND | | | | | | | | |
| | | | | | | | | | <p>Note:</p> <ul style="list-style-type: none"> - Arrive at least 10 minutes early to prepare for your class - <u>Late-comers may be refused entry for safety purposes</u> - All members/gym-users need to be dressed in appropriate sports attire to attend the classes or use the gym facilities. | |

Contact US:



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CLASS DESCRIPTION

| SPARTANS BASIC <i>Boxing</i> | SPARTANS FIT <i>Boxing</i> | SPARTANS IMPACT <i>Boxing</i> | TODAY YOGA | TODAY SPIN |
|---|---|--|--|--|
| <p>Highly recommended for those who have no boxing experience and those who wish to refresh and refine their boxing fundamentals.</p> <p>Learn how to throw and defend punches, boxing footwork and more!</p> | <p>Level up your fitness with boxing related workouts guaranteed to get you into that red zone and burn tons of calories!</p> <p>Go through a circuit comprising different boxing exercises - you'll develop a boxer's physique in no time!</p> | <p>Challenge other members or yourself with this technology enabled class.</p> <p>Using punch bag sensor technology, you can track punch volume and power as well as see your entire workout in real time!</p> | <p>Create a union of the body, mind, soul, and universal consciousness. Our classes offer a series mental and physical exercises through variations of yoga poses and philosophy.</p> <p>Improve your strength, balance and flexibility with us today!</p> | <p>Have a pumping good workout with indoor cycling! This class focuses on endurance, and strength - it involves using a special stationary exercise bicycle with a weighted flywheel.</p> <p>Cycle to the beat and get ready to sweat!</p> |

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