



CLASS SCHEDULE JUNE 2023

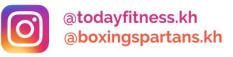
Gym Operational Hours 0630 – 2200

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
AY	MORNING CLASSES								
		Spartans IMPACT (Boxing) 0700 – 0800		Spartans FIT (Boxing) 0700 - 0800			Spartans IMPACT (Boxing) 0900 – 1000	Today YOGA 0900 – 1000	
	LUNCH CLASSES						Spartans BASIC (Boxing) 1000 – 1100	Spartans FIT (Boxing) 1000 – 1100	
	Spartans IMPACT (Boxing) 1230 – 1330		Spartans FIT (Boxing) 1230 – 1330		Spartans IMPACT (Boxing) 1230 – 1330	WEEKE	Today SPIN 1100 – 1200		
7	EVENING CLASSES						Note:		
WEE	Spartans BASIC (Boxing) 1730 – 1830	Today YOGA 1600 – 1700	Spartans BASIC (Boxing) 1730 – 1830	Spartans FIT (Boxing) 1730 – 1830	Spartans BASIC (Boxing) 1730 – 1830		Arrive at least 10 minutes early to prepare for your class Late-comers may be refused entry for safety purposes All members/gym-users need to be dressed in appropriate sports attire to attend the classes or use the gym facilities.		
	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					

Contact US:











CLASS DESCRIPTION

SPARTANS BASIC Boxing	SPARTANS FIT Boxing	SPARTANS IMPACT Boxing	TODAY YOGA	TODAY SPIN
Highly recommended for those who have no boxing experience and those who wish to refresh and refine their boxing fundamentals. Learn how to throw and defend punches, boxing footwork and more!	Level up your fitness with boxing related workouts guaranteed to get you into that red zone and burn tons of calories! Go through a circuit comprising different boxing exercises - you'll develop a boxer's physique in no time!	Challenge other members or yourself with this technology enabled class. Using punch bag sensor technology, you can track punch volume and power as well as see your entire workout in real time!	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. Improve your strength, balance and flexibility with us today!	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. Cycle to the beat and get ready to sweat!

Contact US:





