







Joo Chiat Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--|
| Spartans Intermediate 07:00 - 07:45 | Spartans Intermediate 07:00 - 07:45 | Spartans Intermediate 07:00 - 07:45 | Spartans Intermediate 07:00 - 07:45 | Spartans Intermediate 07:00 - 07:45 | Spartans Fundamentals 09:00 - 09:45 | Spartans Fundamentals 09:00 - 09:45 |
| Spartans Fundamentals 08:00 - 08:45 | Spartans Fundamentals 08:00 - 08:45 | Spartans Fundamentals 08:00 - 08:45 | Spartans Fundamentals 08:00 - 08:45 | Spartans Fundamentals 08:00 - 08:45 | Spartans Kids 10:00 - 10:45 | Spartans Kids 10:00 - 10:45 |
| Spartans Impact 09:00 - 09:45 | Spartans Impact 09:00 - 09:45 | Spartans Impact 09:00 - 09:45 | Spartans Impact 09:00 - 09:45 | Spartans Impact 09:00 - 09:45 | Spartans Intermediate 11:00 - 11:45 | Spartans Intermediate 11:00 - 11:45 |
| OPEN GYM 10:00 - 12:15 | OPEN GYM 10:00 - 12:15 | OPEN GYM 10:00 - 12:15 | OPEN GYM 10:00 - 12:15 | OPEN GYM 10:00 - 12:15 | OPEN GYM 12:00 - 12:50 | OPEN GYM 12:00 - 12:50 |
| Spartans Fundamentals 12:30 - 13:30 | Spartans Fundamentals 12:30 - 13:30 | Spartans Fundamentals 12:30 - 13:30 | Spartans Fundamentals 12:30 - 13:30 | Spartans Fundamentals 12:30 - 13:30 | Spartans Impact 13:00 - 13:45 | Spartans Sparring 13:00 - 13:45 |
| Spartans Sparring (Beginners) 13:30 - 14:00 | Spartans Partner Padwork 13:30 - 14:00 | Spartans Partner Padwork 13:30 - 14:00 | Spartans Partner Padwork 13:30 - 14:00 | Spartans Partner Padwork 13:30 - 14:00 | Spartans Intermediate 14:00 - 14:45 | Spartans Impact 14:00 - 14:45 |
| OPEN GYM 14:30 - 16:00 | OPEN GYM 14:30 - 16:00 | OPEN GYM 14:30 - 16:00 | OPEN GYM 14:30 - 16:00 | OPEN GYM 14:30 - 16:00 | | |
| Spartans Kids 16:30 - 17:15 | Spartans Kids 16:30 - 17:15 | Spartans Kids 16:30 - 17:15 | Spartans FIT 16:30 - 17:15 | Spartans FIT 16:30 - 17:15 | | |
| Spartans Fundamentals 17:30 - 18:15 | Spartans Fundamentals 17:30 - 18:15 | Spartans Fundamentals 17:30 - 18:15 | Spartans Fundamentals 17:30 - 18:15 | Spartans Fundamentals 17:30 - 18:15 | | |
| Spartans Intermediate 18:30 - 19:15 | Spartans Intermediate 18:30 - 19:15 | Spartans Intermediate 18:30 - 19:15 | Spartans Intermediate 18:30 - 19:15 | Spartans Intermediate 18:30 - 19:15 | | |
| Spartans Fundamentals 19:30 - 20:30 | Spartans Fundamentals 19:30 - 20:30 | Spartans Fundamentals 19:30 - 20:30 | Spartans Fundamentals 19:30 - 20:30 | Spartans Fundamentals 19:30 - 20:30 | | |
| Spartans Partner Padwork 20:30 - 21:15 | Spartans Partner Padwork 20:30 - 21:15 | Spartans Sparring 20:30 - 21:15 | Spartans Partner Padwork 20:30 - 21:15 | Spartans Partner Padwork 20:30 - 21:15 | | |

| | |
|---|-------------------------------------|
|  | SPARTANS SPARRING |
|  | SPARTANS FUNDAMENTALS |
|  | SPARTANS INTERMEDIATE |
|  | SPARTANS IMPACT |
|  | SPARTANS FIT |
|  | SPARTANS PARTNER PADWORK |
|  | SPARTANS FIT |