



BUKIT TIMAH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Gym Opening : 0700					Gym Open:0800	
0730 - 0815	BASIC	BASIC	BASIC	BASIC	BASIC		
0830 - 0915	INTERMEDIATE	INTERMEDIATE	INTERMEDIATE	INTERMEDIATE	INTERMEDIATE	SPARTANSFIT	SPARTANSFIT
0930 - 1015	BASIC	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	BASIC	INTERMEDIATE	INTERMEDIATE
1030 - 1115	Personal Training and Self-Training					BASIC	BASIC
1130 - 1215						Sparring (FUNDAMENTALS)	Sparring (INTERMEDIATE)
1230 - 1315	BASIC	BASIC	BASIC	BASIC	BASIC	Personal Training and Self-Training	
1330 - 1415	TECHNIQUE (All levels)	IMPACT !!!	TECHNIQUE (All levels)	IMPACT !!!	TECHNIQUE (All levels)	BASIC	BASIC
1430 - 1515	Personal Training and Self-Training					KIDS (U12)	KIDS (U12)
1530 - 1615						BASIC	IMPACT/ self training
1630 - 1715	IMPACT !!!	KIDS (U12)	KIDS (U12)	KIDS (U12)	IMPACT !!!		YOGA
1730 - 1815	INTERMEDIATE	Strength and Conditioning	INTERMEDIATE	Strength and Conditioning	INTERMEDIATE		BASIC
1830 - 1915	Strength and Conditioning	INTERMEDIATE	YOGA	INTERMEDIATE	BASIC		
1930 - 2015	TECHNIQUE (All levels)	TECHNIQUE (All levels)	BASIC	TECHNIQUE (All levels)	INTERMEDIATE		
2030 - 2115	BASIC	BASIC	Sparring (INTERMEDIATE)	BASIC	BASIC		