









Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPARTANS Intermediate 7:15 - 8:15	SPARTANS Intermediate 7:15 - 8:15	SPARTANS Intensive 7:15 - 8:15	SPARTANS Intermediate 7:15 - 8:15	SPARTANS Intensive 7:15 - 8:15		
SPARTANS Impact 8:15 - 9:15	SPARTANS Fundamentals 08:15 - 09:15	SPARTANS Intermediate 8:15 - 9:15	SPARTANS Fundamentals 08:15 - 09:15	SPARTANS Fundamentals 08:15 - 09:15		
SPARTANS Sparring 09:15 - 10:15	SPARTANS Intermediate 9:15 - 10:15	SPARTANS Fundamentals 09:15 - 10:15	SPARTANS Intermediate 9:15 - 10:15	SPARTANS Impact 9:15 - 10:15	SPARTANS Kids 9:00 - 10:00	SPARTANS Family 9:00 - 10:00
SPARTANS Self-training 10:30 - 12:30	SPARTANS Self-training 10:30 - 12:30	SPARTANS Self-training 10:30 - 12:30	SPARTANS Self-training 10:30 - 12:30	SPARTANS Self-training 10:30 - 12:30	SPARTANS Ladies 10:00 - 11:00	SPARTANS Impact 10:00 - 11:00
SPARTANS Fundamentals 12:30 - 13:30	SPARTANS Intermediate 12:30 - 13:30	SPARTANS Impact 12:30 - 13:30	SPARTANS Intermediate 12:30 - 13:30	SPARTANS Intermediate 12:30 - 13:30	SPARTANS Fundamentals 11:00 - 12:00	SPARTANS Intermediate 11:00 - 12:00
SPARTANS Self-training 13:30-16:30	SPARTANS Self-training 13:30-16:30	SPARTANS Self-training 13:30-16:30	GYM MAINTENANCE	SPARTANS Self-training 13:30-16:30	SPARTANS Intermediate 12:00 - 13:00	SPARTANS Fundamentals 12:00 - 13:00
SPARTANS Kids 16:30 - 17:30	SPARTANS Kids 16:30 - 17:30	SPARTANS Fundamentals 17:00 - 18:00	SPARTANS Kids 16:30 - 17:30	SPARTANS Fit 17:00 - 18:00	SPARTANS Impact 13:00 - 14:00	SPARTANS Intermediate 13:00 - 14:00
SPARTANS Intermediate 18:00 - 19:00	SPARTANS Fundamentals 18:00 - 19:00	SPARTANS Intermediate 18:00 - 19:00	SPARTANS Fundamentals 18:00 - 19:00	SPARTANS Intermediate 18:00 - 19:00	SPARTANS Fit 14:00 - 15:00	SPARTANS Fit 14:00 - 15:00
SPARTANS Fundamentals 19:00 - 20:00	SPARTANS Intermediate 19:00 - 20:00	SPARTANS Fundamentals 19:00 - 20:00	SPARTANS Intermediate 19:00 - 20:00	SPARTANS Fundamentals 19:00 - 20:00	SPARTANS Sparring 15:00 - 16:00	
SPARTANS Fit 20:00 - 21:00	SPARTANS Fit 20:00 - 21:00	SPARTANS Intermediate 20:00 - 21:00	SPARTANS Impact 20:00 - 21:00	SPARTANS Intermediate 20:00 - 21:00		
GYM MAINTENANCE	SPARTANS Impact 21:00 - 22:00	SPARTANS Fit 21:00 - 22:00	SPARTANS Fit 21:00 - 22:00	SPARTANS Sparring 21:00 -22:00		

Spartans Serangoon Gardens

	SPARTANS SELF-TRAINING
	SPARTANS FIT
	SPARTANS KIDS/Family
	SPARTANS INTERMEDIATE
	SPARTANS INTENSIVE
	SPARTANS SPARRING
	SPARTANS FUNDAMENTALS
	SPARTANS LADIES
	SPARTANS IMPACT

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SERANGOON GARDENS