



SOUTH CENTRAL

Spartans South Central Timetable															
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
				Gym Opens 6:00 AM											
6:30AM - 7:15AM SPARTANS FIT		6:30AM - 7:15AM SPARTANS FIT		6:30AM - 7:15AM SPARTANS FIT		6:30AM - 7:15AM SPARTANS FIT		6:30AM - 7:15AM SPARTANS FIT		Gym Opens 8:30 AM					
7:30AM - 8:15AM SPARTANS FUNDAMENTALS		7:30AM - 8:15AM SPARTANS FUNDAMENTALS		7:30AM - 8:15AM SPARTANS FUNDAMENTALS		7:30AM - 8:15AM SPARTANS FUNDAMENTALS		7:30AM - 8:15AM SPARTANS FUNDAMENTALS							
8:30AM - 9:15AM SPARTANS FIT		8:30AM - 9:15AM SPARTANS FIT		8:30AM - 9:15AM SPARTANS FIT		8:30AM - 9:15AM SPARTANS FIT		8:30AM - 9:15AM SPARTANS FIT		09:00AM - 09:45AM SPARTANS FIT		9:00AM - 9:45AM SPARTANS FAMILY			
9:15AM - 10:00AM SPARTANS IMPACT	9:15AM - 12PM OPEN GYM	9:15AM - 10:00AM SPARTANS IMPACT	9:15AM - 12:00PM OPEN GYM	9:15AM - 10:00AM SPARTANS IMPACT	9:15AM - 12:00PM OPEN GYM	9:15AM - 10:00AM SPARTANS IMPACT	9:15AM - 12:00PM OPEN GYM	9:15AM - 10:00AM SPARTANS IMPACT	9:15AM - 12:00PM OPEN GYM	10:00AM - 10:15AM SPARTANS FUNDAMENTALS		10:00AM - 10:15AM SPARTANS FUNDAMENTALS			
10:15AM - 11:00AM SPARTANS IMPACT		10:15AM - 11:00AM SPARTANS IMPACT		10:15AM - 11:00AM SPARTANS IMPACT		10:15AM - 11:00AM SPARTANS IMPACT		10:15AM - 11:00AM SPARTANS IMPACT		11:00AM - 11:45AM SPARTANS FIT		11:00AM - 11:45AM SPARTANS FIT			
11:15AM - 12:00PM SPARTANS IMPACT		11:15AM - 12:00PM SPARTANS IMPACT		11:15AM - 12:00PM SPARTANS IMPACT		11:15AM - 12:00PM SPARTANS IMPACT		11:15AM - 12:00PM SPARTANS IMPACT		11:15AM - 12:00PM SPARTANS IMPACT	12:00PM - 12:45PM SPARTANS IMPACT		12:00PM - 12:45PM OPEN GYM		12:00PM - 12:45PM SPARTANS IMPACT
12:15PM - 1:15PM SPARTANS FUNDAMENTALS		12:15PM - 1:15PM SPARTANS FUNDAMENTALS		12:15PM - 1:15PM SPARTANS FUNDAMENTALS		12:15PM - 1:15PM SPARTANS FUNDAMENTALS		12:15PM - 1:15PM SPARTANS FUNDAMENTALS		1:00PM - 1:45PM SPARTANS FUNDAMENTALS		1:00PM - 1:45PM SPARTANS FUNDAMENTALS			
1:15PM - 2:00PM SPARTANS INTERMEDIATE		1:15PM - 2:00PM SPARTANS INTERMEDIATE		1:15PM - 2:00PM SPARTANS INTERMEDIATE		1:15PM - 2:00PM SPARTANS INTERMEDIATE		1:15PM - 2:00PM SPARTANS INTERMEDIATE		2:00PM - 2:45PM SPARTANS FUNDAMENTALS		2:00PM - 3:45PM SPARTANS INTENSIVE			
2:15PM - 3:00PM SPARTANS IMPACT	2:15AM - 5:15PM OPEN GYM	2:15PM - 3:00PM SPARTANS IMPACT	2:15PM - 5:15PM OPEN GYM	2:15PM - 3:00PM SPARTANS IMPACT	2:15PM - 5:15PM OPEN GYM	2:15PM - 3:00PM SPARTANS IMPACT	2:15PM - 5:15PM OPEN GYM	2:15PM - 3:00PM SPARTANS IMPACT	2:15PM - 5:15PM OPEN GYM	3:00PM - 3:45PM SPARTANS INTERMEDIATE					
3:15PM - 4:00PM SPARTANS IMPACT		3:15PM - 4:00PM SPARTANS IMPACT		3:15PM - 4:00PM SPARTANS IMPACT		3:15PM - 4:00PM SPARTANS IMPACT		3:15PM - 4:00PM SPARTANS IMPACT							
4:15PM - 5:00PM SPARTANS IMPACT		4:15PM - 5:00PM SPARTANS IMPACT		4:15PM - 5:00PM SPARTANS IMPACT		4:15PM - 5:00PM SPARTANS IMPACT		4:15PM - 5:00PM SPARTANS IMPACT							
5:30PM - 6:15PM SPARTANS FIT		5:30PM - 6:15PM SPARTANS FIT		5:30PM - 6:15PM SPARTANS FIT		5:30PM - 6:15PM SPARTANS FIT		5:30PM - 6:15PM SPARTANS FIT							
6:30PM - 7:15PM SPARTANS FUNDAMENTALS		6:30PM - 7:15PM SPARTANS FUNDAMENTALS		6:30PM - 7:15PM SPARTANS FUNDAMENTALS		6:30PM - 7:15PM SPARTANS FUNDAMENTALS		6:30PM - 7:15PM SPARTANS FUNDAMENTALS		Gym Closes 4pm					
7:30PM - 8:15PM SPARTANS INTERMEDIATE		7:30PM - 8:15PM SPARTANS INTERMEDIATE		7:30PM - 8:15PM SPARTANS INTERMEDIATE		7:30PM - 8:15PM SPARTANS INTERMEDIATE		7:30PM - 8:15PM SPARTANS INTERMEDIATE							
8:30PM - 9:15PM SPARTANS FIT		8:30PM - 9:15PM SPARTANS FIT		8:30PM - 9:15PM SPARTANS FIT		8:30PM - 9:15PM SPARTANS SPARRING		8:30PM - 9:15PM SPARTANS FIT							
Gym Closes 9:30 PM															



137 CECIL STREET, CECIL BUILDING #06-01



9233 6151

FOLLOW US:

