



SPARTANS BOXING CLUB JOO CHIAT TIMETABLE

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Day/Time	Saturday	Sunday
0730 – 0815	Spartans Intermediate					0900 – 0945	Spartans Fundamentals	
0830 – 0915	Spartans Fundamentals					1000 – 1045	Spartans Ladies	Spartans Kids (All levels)
1000 – 1215	Spartans Impact Virtual					1100 - 1145	Spartans Intermediate	Spartans Sparring
1230 – 1345	Spartans Fundamentals (1hr 15mins)					1200 – 1245	Spartans Fundamentals	Spartans Intermediate
1345 – 1430	Spartans Impact Virtual					1300 – 1345	Spartans Impact	
1500 – 1600	CLOSED FOR LUNCH BREAK					Class	Description	
1630 – 1715	Spartans Kids (Level 1-2)	Spartans Kids (Level 3-4)	Spartans Kids (Level 1-2)	Spartans Kids (Level 3-4)	Spartans Impact	Fundamentals: A beginner friendly environment to learn or refine boxing fundamentals. Intermediate: Higher intensity class with more advanced techniques. Kids: Body awareness and basic boxing skills for 5-12 year olds. Ladies: A Ladies-Only class for our female warriors. Impact: Impact Wrap uses sensors that measure acceleration of punches, assigning points. Impact Virtual: Self training time FIT: Circuit format of exercises & boxing rounds for fitness. Sparring: Headgear, mouthguard & 14oz gloves are compulsory.		
1730 – 1815	Spartans Fundamentals			Spartans Intermediate				
1830 – 1915	Spartans FIT	Spartans Intermediate	Spartans FIT	Spartans Fundamentals	Spartans FIT			
1930 – 2015	Spartans Fundamentals							
2030 – 2115	Fight Team Training	GYM CLOSE	Spartans Sparring	GYM CLOSE				
2130	Gym Close							
Class times may be changed without prior notice in the case of emergencies or events. We encourage you to join our Whatsapp/Telegram community chats to stay updated on the latest news.*								

