



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 Fit	Spartans Kids (All-Levels)7
1000 – 1200	Spartans Impact Virtual / Open Gym					1100 – 1145	Spartans Intermediate	Spartans Sparring
1230 – 1345	Spartans Fundamentals (1hr 15mins)					1200 – 1245	Spartans Fundamentals	Spartans Intermediate
1345 – 1430	Spartans Impact Virtual / Open Gym					1300 - 1345	Fight Team Training	Spartans Impact
1430 – 1600	CLOSED FOR LUNCH BREAK					1400	GYM CLOSE	
1630 – 1715	Spartans Kids (Level 1-2)	Spartans Kids (Level 3-4)	Spartans Kids (Level 1-2)	Spartans Kids (Level 3-4)	Spartans Impact	<b>Class Descriptions</b> <b>Fundamentals:</b> A beginner friendly environment to learn or refine boxing fundamentals. conditioning. <b>Intermediate:</b> Higher intensity class with more advanced techniques. <b>Kids:</b> Body awareness and basic boxing skills for 5-12 year olds <b>Impact:</b> Impact Wrap uses sensors that measure acceleration of punches, assigning points. <b>FIT:</b> Circuit format of exercises & boxing rounds for fitness. <b>Sparring:</b> 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	<b>GYM CLOSE</b> CLASS TIMES MAY BE CHANGED WITHOUT PRIOR NOTICE IN CASE OF EMERGENCIES OR EVENTS. PLEASE CHECK THE LATEST UPDATED SCHEDULE ON THE WEBSITE/APP* OR FOLLOW US ON SOCIAL MEDIA FOR UPDATES.							