

CLASS SCHEDULE

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)
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	GYM CLOSED	
1430 – 1600	CLOSED FOR LUNCH BREAK					Class Descriptions 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 Impact: Impact Wrap uses sensors that measure acceleration of punches, assigning points. FIT: Circuit format of exercises & boxing rounds for fitness. Sparring: Headgear, mouthguard & 14oz gloves are compulsory. Fight Team Training: Invite Only		
1630 – 1715	Spartans Kids (Level 1-2)	Spartans Kids (Level 3-4)	Spartans Kids (Level 1-2)	Spartans Kids (Level 3-4)	Spartans Impact			
1730 – 1815	Spartans Fundamentals			Spartans Intermediate				
1830 – 1915	Spartans Fit	Spartans Intermediate	Spartans Fit	Spartans Fundamentals	Spartans Fit			
1930 – 2015	Spartans Fundamentals							
2030 – 2115	GYM CLOSED		Spartans Sparring	Fight Team Training	GYM CLOSED			
2130	GYM CLOSE 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.							



JOO CHIAT



