MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			GYM OPEN 09:00AM			
Spartans Technique 9:00AM - 10:00AM	Spartans Basic Boxing 9:00AM - 10:00AM	Spartans Technique 9:00AM - 10:00AM	Spartans Basic Boxing 9:00AM - 10:00AM	Spartans Technique 9:00AM - 10:00AM	Spartans Basic Boxing 9:00AM - 10:00AM	Spartans Basic 9:00AM - 10:0
Spartans Basic Boxing 10:15AM - 11:15AM	Spartans Technique 10:15AM - 11:15AM	Spartans Basic Boxing 10:15AM - 11:15AM	Spartans Technique 10:15AM - 11:15AM	Spartans Basic Boxing 10:15AM - 11:15AM	Spartans Technique 10:15AM - 11:15AM	Spartans Tech 10:15AM - 11:
Open Gym 11:15AM - 12:15PM	Open Gym 11:15AM - 13:00PM	Open Gym 11:15AM - 12:15PM	Open Gym 11:15AM - 13:00PM	Open Gym 11:15AM - 12:15PM	Spartans Kids 11:15AM -12:15PM	Spartans Ki 11:15AM -12:
Spartans Fit 12:15PM - 13:15PM	Spartans Partner Pads	Spartans Fit 12:15PM - 13:15PM	Spartans Partner Pads	Spartans Fit 12:15PM - 13:15PM	Spartans Basic Boxing	Spartans Basic
Open Gym	13:00PM - 13:45PM	Open Gym	13:00PM - 13:45PM	Open Gym	12:30PM - 13:30PM	12:30PM - 13:
13:15PM - 14:00PM	CLOSED	13:15PM - 14:00PM CLOSED	CLOSED	13:15PM - 14:00PM	Spartans Fit 13:30PM - 14:30PM	Spartans Fight T 14:30PM - 15:3(
CLOSED 14:00 PM- 17:00PM	13:45PM- 16:00PM Spartans Kids	14:00 PM- 16:00PM Spartans Kids	13:45PM- 16:00PM Spartans Kids	CLOSED 14:00 PM- 17:00PM	Spartans Technique 14:30PM - 15:30PM	
Spartans Technique 17:00PM - 18:00PM	16:00PM - 17:00PM Spartans Partner Pads 17:00PM - 17:45PM	16:00PM - 17:00PM Spartans Technique 17:00PM - 18:00PM	16:00PM - 17:00PM Spartans Partner Pads 17:00PM - 17:45PM	Spartans Technique 17:00PM - 18:00PM		
Spartans Partner Pads 18:15PM - 19:00PM	Spartans Basic Boxing 18:00PM - 19:00PM	Spartans Partner Pads 18:15PM - 19:00PM	Spartans Basic Boxing 18:00PM - 19:00PM	Spartans Partner Pads 18:15PM - 19:00PM	CLOSED 15:30PM	CLOSED 15:30
Spartans Basic Boxing 19:15PM-20:15PM	Spartans Fit 19:15PM - 20:15PM	Spartans Basic Boxing 19:15PM-20:15PM	Spartans Fit 19:15PM - 20:15PM	Spartans Basic Boxing 19:15PM-20:15PM		
Spartans Sparring 20:30PM - 21:15PM	Spartans Technique	Spartans Fit	Spartans Technique	Spartans Sparring 20:30PM - 21:15PM		
Spartans Bagwork 20:30PM - 21:30PM	20:30PM - 21:30PM	20:30PM - 21:30PM	20:30PM - 21:30PM	Spartans Bagwork 20:30PM - 21:30PM		
CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 22:00PM	CLOSED 15:30PM	CLOSED 15:
Class		iption		Class	Description Through this one hour class, you will be partne	
Open Gym	Members are encouraged to use the gym space to drill on their boxing, be it by shadow boxing or hitting the bags. Alternatively, they can use the weights or equipments around the gym, and a coach will be present.			Spartans Partner Pads	and learn how to give pad work and as well as getting lots of pad work. This class is a class if you would like to punch out your stress!	

Spartans Basic Boxing	recommended for beginner refine their boxi	Spartans Fit	you if you re looking for infriess boxing. It will keep your heart pumping throughout the class and it is suitable for all fitness levels.			
Spartans Technique	footwork and partner du beginner friendly. Get the	nt of fundamental combos, rills that are essential yet chance to learn from fellow ferent skill levels.	Kids Boxing	We based our teachings on the   fundamentals of martial arts such as discipline, respect,   and humility so your child will learn   foundations for their life not just the gym.   Challenge other members or yourself with this   technology enabled class. Using punch bag sensor   technology, you can track punch volume and power as   well as see your entire workout in real time or once you   have finished your session. Be better everyday		
Spartans Sparring	mouthguard and 14 Oz gle attending the sparring class do approach your coach fo	ur skills to test. Headgear, oves are compulsory when . Before attending this class, r feedback to see if you are rring sessions!	Spartans Impact			
	Regular Operating Hours:	Timing:				
	Mon - Fri	09:00AM - 22:00PM	Classes may be subjected to members will be notif	to last minute changes - all ied as soon as possible		
	Sat & Sun 09:00AM - 15:30PM					
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