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| <b>Spartans Basic Boxing</b> | recommended for beginners and for those who wish to refine their boxing fundamentals.  |
| <b>Spartans Technique</b>    | Focuses on the refinement of fundamental combos, footwork and partner drills that are essential yet beginner friendly. Get the chance to learn from fellow members of different skill levels.  |
| <b>Spartans Sparring</b>     | This is the time to put your skills to test. Headgear, mouthguard and 14 Oz gloves are compulsory when attending the sparring class. Before attending this class, do approach your coach for feedback to see if you are ready for sparring sessions! |

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| <b>Spartans Fit</b>    | you if you re looking for fitness boxing. it will keep your heart pumping throughout the class and it is suitable for all fitness levels.  |
| <b>Kids Boxing</b>     | 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.   |
| <b>Spartans Impact</b> | 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 |

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| <b>Regular Operating Hours:</b> | <b>Timing:</b>    |
| Mon - Fri                       | 09:00AM - 22:00PM |
| Sat & Sun                       | 09:00AM - 15:30PM |

Classes may be subjected to last minute changes - all members will be notified as soon as possible