MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Safety Guidelines

1. Everyone is to wear their mask in the facility at all times EXCEPT when actively doing class.
2. Upon entering (front or back door) you will have to: check in via SafeEntry (to show green entry to staff), take temperature, data entry and sanitise their hands
   - Temp of 37.5℃ will be rejected entry and if you are ill please do not come
3. Bring your own gloves and handwraps or purchase from our counter and please bring it back home
4. Open gym timing (non-class hours) is out of bounds for personal training unless bookings made separately with admin and trainers

Booking Guidelines

1. Please book your classes early
2. Please cancel your classes early (**6 hours in advance**) if unable to make it charges will apply once you do so 3 times in total. It will be reset every 3 times you do so.
3. Multiple booking which exceed the supposed limitation set by the gym will also lead to charges. It will be reset every 3 times you do so.
4. You may pre-book 2 UNIQUE classes and 1 self training slot per day on Glofox
   Example: Muay thai Lvl 1, Boxing Lvl 1 and 1 self training OR
   Strength & Conditioning, Boxing Level 2 and 1 self training OR
   Not allowed : Boxing Lvl 1, Boxing Level 2 and 1 outdoor self training
5. You may attend more than 1 class, however, you may do so by checking with admin for available slots for next class right after your current class (do not online book more than 1 class)
6. Book your classes according to your vaccination status.
   (Only book for vaccinated class if you are fully vaccinated and after 14 days)

General Guidelines

1. Please arrive 10mins before class for SafeEntry Check in and temperature taking
2. Try to change before arriving
3. Put your handwraps on before class start
4. No waiting in the gym during or after class. We advice family members, friends or spouse to drop off and come back after sessions.
5. You are to check out and check in again for every class.
6. If you are late for class, you will be rejected entry
7. Please sanitise the equipments that you use with the provided disposable wet wipes and disinfectant

1st September Covid19 measure setting

Classes will now be open to both vaccinated and non-vaccinated without specifications and will be segregated according to the members attending the class if need to.
Note: - If all members in the class is non-vaccinated, all have to wear mask during class.
- If all members in the class is vaccinated, all may remove their mask during class.
- If there is a mix, coach will segregate groups based on vaccinated (mask off) and non-vaccinated (mask on). Both groups may attend the same class however have to be seperated 3metres apart and no intermingling.

Self Training classes

- Same day booking might be 4 pax depending on Coaches private training slots for the day
- Outdoor self training will be at the back alley of the gym along with usable equipments found near the changing area
- Indoor self training will be at the 2nd floor of the gym with usable equipments
- You are to maintain proper conduct following the safety measures of the gym and Covid19 safety measures. Refuel staff will have the rights to penalise or ask you to leave the premise following any misconduct or abuse of usage
- You are required to sanitize and take proper care of the equipment that you use and put it back where you take them from
- Refuel admin and staff will make their rounds to ensure safety and proper conduct during the self training slot

YOU ARE REQUIRED TO:

1. Safe entry for the back alley usage
2. Temperature taking
3. Scan the barcode for data entry
4. Observe the timing that you book the slot for (schedule can be found near the area)

SATURDAY			SUNDAY	
MUAY THAI 9AM - 945AM	**BOXING** 915AM - 10AM	**OUTDOOR Self Training** 915AM - 10AM		
15 min	15min	15min		
MMA 10AM - 1045AM	**BOXING** 1015AM - 11AM	**OUTDOOR Self Training** 1015AM - 11AM	**INDOOR Self Training** 1015AM - 11AM	
15 min	15 min	15 min		
MUAY THAI 11AM - 1145AM	**BOXING** 1115AM - 12PM	**OUTDOOR Self Training** 1115AM - 12PM	**INDOOR Self Training** 1115AM - 12PM	
15 min	15 min	15 min		
MUAY THAI LEVEL 2 12PM - 1245PM	**KIDS BOXING** 1215PM - 1PM	**OUTDOOR Self Training** 1215PM - 1PM	**INDOOR Self Training** 1215PM - 1PM	
			MUAY THAI COMPETITION TEAM TRAINING 130PM	**BOXING COMPETITION TEAM TRAINING** 130PM

MONDAY EVENING			TUESDAY EVENING			WEDNESDAY EVENING			THURSDAY EVENING			FRIDAY EVENING		
MUAY THAI 530PM - 615PM	**BOXING** 545PM - 630PM	**OUTDOOR Self Training** 545PM - 630PM	**MUAY THAI** 530PM - 615PM	**BOXING** 545PM - 630PM	**OUTDOOR Self Training** 545PM - 630PM	**MUAY THAI** 530PM - 615PM	**BOXING** 545PM - 630PM	**OUTDOOR Self Training** 545PM - 630PM	**MUAY THAI** 530PM - 615PM	**BOXING** 545PM - 630PM	**OUTDOOR Self Training** 545PM - 630PM	**MUAY THAI** 530PM - 615PM	**BOXING** 545PM - 630PM	**OUTDOOR Self Training** 545PM - 630PM
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min
MUAY THAI 630PM - 715PM	**BOXING** 645PM - 730PM	**OUTDOOR Self Training** 645PM - 730PM	**MMA** 630PM - 715PM	**BOXING** 645PM - 730PM	**OUTDOOR Self Training** 645PM - 730PM	**MUAY THAI** 630PM - 715PM	**BOXING** 645PM - 730PM	**OUTDOOR Self Training** 645PM - 730PM	**MMA** 630PM - 715PM	**BOXING** 645PM - 730PM	**OUTDOOR Self Training** 645PM - 730PM	**MUAY THAI** 630PM - 715PM	**BOXING** 645PM - 730PM	**OUTDOOR Self Training** 645PM - 730PM
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min
MMA 730PM - 815PM	**BOXING** 745PM - 830PM	**OUTDOOR Self Training** 745PM - 830PM	**MUAY THAI** 730PM - 815PM	**BOXING** 745PM - 830PM	**OUTDOOR Self Training** 745PM - 830PM	**MUAY THAI** 730PM - 815PM	**SNC** 745PM - 830PM	**OUTDOOR Self Training** 745PM - 830PM	**MUAY THAI** 730PM - 815PM	**BOXING** 745PM - 830PM	**OUTDOOR Self Training** 745PM - 830PM	**MUAY THAI** 730PM - 815PM	**SNC** 745PM - 830PM	**OUTDOOR Self Training** 745PM - 830PM
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min
MUAY THAI 830PM - 915PM	**BOXING LEVEL 2** 845PM - 930PM	**OUTDOOR Self Training** 845PM - 930PM	**MUAY THAI** 830PM - 915PM	**BOXING LEVEL 2** 845PM - 930PM	**OUTDOOR Self Training** 845PM - 930PM	**MUAY THAI LEVEL 2** 830PM - 915PM	**BOXING** 845PM - 930PM	**OUTDOOR Self Training** 845PM - 930PM	**MUAY THAI** 830PM - 915PM	**BOXING LEVEL 2** 845PM - 930PM	**OUTDOOR Self Training** 845PM - 930PM	**MUAY THAI LEVEL 2** 830PM - 915PM	**BOXING** 845PM - 930PM	**OUTDOOR Self Training** 845PM - 930PM

CLOSED 945PM EVERY WEEKDAY

PLEASE NOTE THAT ALL TRIAL BOOKING ARE TO BE MADE 3 WORKING DAYS IN ADVANCE

PLEASE CONTACT US +6588290388 FOR TRIAL CLASS CLASS BOOKING

REFUEL ACADEMY