

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY							
<p>Safety Guidelines</p> <ol style="list-style-type: none"> Everyone is to wear their mask in the facility at all times EXCEPT when actively doing class. Upon entering (front or back door) you will have to: check in via SafeEntry, take temperature, data entry and sanitise their hands - Temp of 37.5°C will be rejected entry and if you are ill please do not come Bring your own gloves and handwraps or purchase from our counter and please bring it back home Open gym timing (non-class hours) is out of bounds for personal training unless bookings made separately with admin and trainers <p>Booking Guidelines</p> <ol style="list-style-type: none"> Please book your classes early 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. 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. 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 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) 			<p>General Guidelines</p> <ol style="list-style-type: none"> Please arrive 10mins before class for SafeEntry Check in and temperature taking Try to change before arriving Put your handwraps on before class start No waiting in the gym during or after class. We advise family members, friends or spouse to drop off and come back after sessions. You are to check out and check in again for every class. If you are late for class, you will be rejected entry Please sanitise the equipments that you use with the provided disposable wet wipes and disinfectant 			<p>Self Training classes</p> <ul style="list-style-type: none"> - 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 <p>YOU ARE REQUIRED TO:</p> <ol style="list-style-type: none"> Safe entry for the back alley usage Temperature taking Scan the barcode for data entry Observe the timing that you book the slot for (schedule can be found near the area) 			MUAY THAI 9AM - 9:45AM 15 min	BOXING 9:15AM - 10AM 15min	OUTDOOR Self Training 9:15AM - 10AM 15min	MMA 10AM - 10:45AM 15 min	BOXING 10:15AM - 11AM 15 min	OUTDOOR Self Training 10:15AM - 11AM 15 min	MUAY THAI 11AM - 11:45AM 15 min	BOXING 11:15AM - 12PM 15 min	OUTDOOR Self Training 11:15AM - 12PM 15 min	MUAY THAI LEVEL 2 12PM - 12:45PM	KIDS BOXING 12:15PM - 1PM 15 min	OUTDOOR Self Training 12:15PM - 1PM 15 min	MUAY THAI COMPETITION TEAM TRAINING 130PM	BOXING COMPETITION TEAM TRAINING 130PM			
									MONDAY EVENING			TUESDAY EVENING			WEDNESDAY EVENING			THURSDAY EVENING			FRIDAY EVENING				
									MUAY THAI 5:30PM - 6:15PM 15 min	BOXING 5:45PM - 6:30PM 15 min	OUTDOOR Self Training 5:45PM - 6:30PM 15 min	MUAY THAI 5:30PM - 6:15PM 15 min	BOXING 5:45PM - 6:30PM 15 min	OUTDOOR Self Training 5:45PM - 6:30PM 15 min	MUAY THAI 5:30PM - 6:15PM 15 min	BOXING 5:45PM - 6:30PM 15 min	OUTDOOR Self Training 5:45PM - 6:30PM 15 min	MUAY THAI 5:30PM - 6:15PM 15 min	BOXING 5:45PM - 6:30PM 15 min	OUTDOOR Self Training 5:45PM - 6:30PM 15 min	MUAY THAI 5:30PM - 6:15PM 15 min	BOXING 5:45PM - 6:30PM 15 min	OUTDOOR Self Training 5:45PM - 6:30PM 15 min		
									MUAY THAI 6:30PM - 7:15PM 15 min	BOXING 6:45PM - 7:30PM 15 min	OUTDOOR Self Training 6:45PM - 7:30PM 15 min	MMA 6:30PM - 7:15PM 15 min	BOXING 6:45PM - 7:30PM 15 min	OUTDOOR Self Training 6:45PM - 7:30PM 15 min	MUAY THAI 6:30PM - 7:15PM 15 min	SNC 6:45PM - 7:30PM 15 min	OUTDOOR Self Training 6:45PM - 7:30PM 15 min	MMA 6:30PM - 7:15PM 15 min	BOXING 6:45PM - 7:30PM 15 min	OUTDOOR Self Training 6:45PM - 7:30PM 15 min	MUAY THAI 6:30PM - 7:15PM 15 min	BOXING 6:45PM - 7:30PM 15 min	OUTDOOR Self Training 6:45PM - 7:30PM 15 min		
									MMA 7:30PM - 8:15PM 15 min	BOXING 7:45PM - 8:30PM 15 min	OUTDOOR Self Training 7:45PM - 8:30PM 15 min	MUAY THAI 7:30PM - 8:15PM 15 min	BOXING 7:45PM - 8:30PM 15 min	OUTDOOR Self Training 7:45PM - 8:30PM 15 min	MUAY THAI 7:30PM - 8:15PM 15 min	BOXING 7:45PM - 8:30PM 15 min	OUTDOOR Self Training 7:45PM - 8:30PM 15 min	MUAY THAI 7:30PM - 8:15PM 15 min	BOXING 7:45PM - 8:30PM 15 min	OUTDOOR Self Training 7:45PM - 8:30PM 15 min	MUAY THAI 7:30PM - 8:15PM 15 min	SPARRING 7:45PM - 8:30PM 15 min	OUTDOOR Self Training 7:45PM - 8:30PM 15 min		
MUAY THAI 8:30PM - 9:15PM 15 min	BOXING LEVEL 2 8:45PM - 9:30PM 15 min	OUTDOOR Self Training 8:45PM - 9:30PM 15 min	MUAY THAI 8:30PM - 9:15PM 15 min	BOXING LEVEL 2 8:45PM - 9:30PM 15 min	OUTDOOR Self Training 8:45PM - 9:30PM 15 min	MUAY THAI LEVEL 2 8:30PM - 9:15PM 15 min	BOXING 8:45PM - 9:30PM 15 min	OUTDOOR Self Training 8:45PM - 9:30PM 15 min	MUAY THAI 8:30PM - 9:15PM 15 min	BOXING LEVEL 2 8:45PM - 9:30PM 15 min	OUTDOOR Self Training 8:45PM - 9:30PM 15 min	MUAY THAI LEVEL 2 8:30PM - 9:15PM 15 min	BOXING 8:45PM - 9:30PM 15 min	OUTDOOR Self Training 8:45PM - 9:30PM 15 min											
CLOSED 9:45PM 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																									

