

FITNESS

MON TUE WED THURS FRI

6:30 AM - 7:30 AM	LIFT (UPPER BODY)	LIFT (LOWER BODY)	SWEAT	LIFT (FULL BODY)	SWEAT (METCON)
7:30 AM - 8:30 AM	SWEAT (METCON)	LIFT (FULL BODY)	STRONGMAN (ENERGY-SYSTEMS) 7:00 AM	LIFT (UPPER BODY)	LIFT (LOWER BODY)
10:30 AM - 11:30 AM		MUMS & BUBS (SPECIALTY)		MUMS & BUBS (SPECIALTY)	
11:00 AM - 12:00 PM					
12:30 PM - 1:30 PM	LIFT (FULL BODY)	SWEAT (METCON)	KILLER CORE (ALL THINGS TRUNK)	CIRCUITS (MULTI-MOVEMENTS)	SWEAT (METCON)
6:45 PM - 7:45 PM	LIFT (LOWER BODY)	LIFT (UPPER BODY)	PULL UP & MUSCLE UP (SPECIALTY)	LIFT (FULL BODY)	STRONGMAN (ENERGY SYSTEMS)
6:45 PM - 7:45 PM	CALISTHENICS (SPECIALTY)		LIFT FOR DUMMIES :) (BEGINNER)	CALISTHENICS (SPECIALTY)	
7:45 PM - 8:45 PM	SWEAT (METCON)	BARBELL CLUB (SPECIALTY \$) CIRCUITS (TOTAL BODY)	SWEAT (METCON)	BARBELL CLUB (SPECIALTY \$) CIRCUITS (TOTAL BODY)	
8:45 PM - 9:15 PM	STRETCH/MOBILITY		STRETCH/MOBILITY		
	9:00 AM - 10:00 AM	9:15 AM - 10:45 AM	10:45 AM - 11:45 AM	2:00 PM - 4:00 PM	
SAT		BARBELL CLUB (SPECIALTY) FREE	WEEKEND SPECIAL		
SUN			STRONGMAN	KIDS	



WARRIOR ACADEMY
PS: We love reviews!



WARRIORACADEMYHQ

MARTIAL ARTS

MON | TUE | WED | THURS | FRI

7:00 AM - 8:00 AM	WESTERN BOXING		WESTERN BOXING		WESTERN BOXING
12:30 PM - 1:30 PM	MUAY FIT	MUAY FIT	MUAY FIT GI BJJ	MUAY FIT	MUAY FIT NOGI BJJ
2:00 PM - 4:00 PM	PRO TEAM		PRO TEAM		PRO TEAM
5:30 PM - 6:30 PM	K1 KICKBOXING	MUAY THAI (BEGINNER)	MMA	MUAY THAI (BEGINNER)	MUAY THAI (BEGINNER)
6:30 PM - 7:30 PM	MUAY THAI (INTERMEDIATE)	K1 KICKBOXING	MUAY THAI (BEGINNER)	K1 KICKBOXING (BEGINNER)	NOGI BJJ
7:30 PM - 8:30 PM	WESTERN BOXING MUAY THAI (BEGINNER)	WARRIOR WRESTLING	WESTERN BOXING MUAY THAI (INTERMEDIATE)	MUAY THAI WRESTLING (BEGINNER)	WESTERN BOXING
8:30 PM - 9:30 PM	NO GI BJJ	NO GI BJJ	GI BJJ	NO GI BJJ	
	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM	12:00 PM - 1:00 PM	1:00 PM - 2:00 PM	2:00 PM - 3:00 PM
SAT	MUAY THAI	MUAY THAI	WARRIOR WRESTLING	KIDS MUAY THAI	BJJ OPEN MAT
	10:30 AM - 11:30 AM				
SUN	WESTERN BOXING				