## ~ Warriors' Call Schedule JULY 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>2</b> 6-10am– WOW Program Only	3 6-10am – WOW Program Only	4 CLOSED!	5 6-10am – WOW Program Only	6 10-11am – All Ages/Family Hr. 11-12pm – Adult Open Gym / Sparring
		10-12pm – Open Gym (13 and up)  12-5pm – WOW Program Only	10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only	HAPPY 4 <sup>th</sup> OF JULY!!!!	10-12pm – Open Gym (13 and up)  12-4pm - Personal Training Only	
		5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class	4-5pm — Open Gym (13 and up) 4:15- 4:45pm — Rookie Class		4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class	
		6-7pm – Jr. Warriors (age 8-12) 7-8pm – Defenders (age 13 – 16)	5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up)		5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up)	
	7:15 – 8:15pm – Kickboxing Conditioning	8-8:45 – Fight Team Sparring	7:15 – 8:15pm – Kickboxing Conditioning		7:15 – 8:15pm – Kickboxing Conditioning	
	<b>8</b> 6-10am – WOW Program Only	<b>9</b> 6-10am– WOW Program Only	10 6-10am – WOW Program Only	11 6-10am– WOW Program Only	<b>12</b> 6-10am – WOW Program Only	<b>13</b> 10-11am – All Ages/Family Hr.
		10-12pm – Open Gym (13 and up)  12-5pm – WOW Program Only	10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only	10-12pm – Open Gym (13 and up) 12-5pm – WOW Program Only	10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only	11-12pm – Adult
		5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class	4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class	5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class	4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class	Open Gym / Sparring
	·	6-7pm – Jr. Warriors (age 8-12)	5-6pm – Pure Boxing (16 and up)	6-7pm – Jr. Warriors (age 8-12)	5-6pm – Pure Boxing (16 and up)	
	6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	7-8pm – Defenders (age 13 – 16) 8-8:45 – Fight Team Sparring	6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	7-8pm – Defenders (age 13 – 16) 8-8:30 – Leadership Program	6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	
CLOSED		<b>16</b> 6-10am– WOW Program Only	17 6-10am – WOW Program Only	18 6-10am– WOW Program Only	19 6-10am – WOW Program Only	20 10-11am – All Ages/Family Hr. 11-12pm – Adult Open Gym / Sparring
		10-12pm – Open Gym (13 and up) 12-5pm – WOW Program Only	10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only	10-12pm – Open Gym (13 and up) 12-5pm – WOW Program Only	10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only	
		5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class	4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class	5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class	4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class	
	·	6-7pm – Jr. Warriors (age 8-12)	5-6pm – Pure Boxing (16 and up)	i i	5-6pm – Pure Boxing (16 and up)	
	6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	7-8pm – Defenders (age 13 – 16) 8-8:45– Fight Team Sparring	6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	7-8pm – Defenders (age 13 – 16) 8-8:30 – Leadership Program	6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	

21	22	23	24	25	26	27
CLOSED	6-10am – WOW Program Only	6-10am- WOW Program Only	6-10am – WOW Program Only	6-10am– WOW Program Only	6-10am – WOW Program Only	10-11am – All Ages/Family Hr.
	10-12pm – Open Gym (13 and up)	10-12pm – Open Gym (13 and up)	10-12pm – Open Gym (13 and up)	10-12pm – Open Gym (13 and up)	10-12pm – Open Gym (13 and up)	11-12pm – Adult
	12-4pm - Personal Training Only	12-5pm – WOW Program Only	12-4pm - Personal Training Only	12-5pm – WOW Program Only	12-4pm - Personal Training Only	Open Gym /
	4-5pm – Open Gym (13 and up)	5-6pm – Open Gym	4-5pm – Open Gym (13 and up)	5-6pm – Open Gym	4-5pm – Open Gym (13 and up)	Sparring
	4:15- 4:45pm – Rookie Class	5:15 – 5:45pm – Rookie Class	4:15- 4:45pm – Rookie Class	5:15 – 5:45pm – Rookie Class	4:15- 4:45pm – Rookie Class	
	5-6pm – Pure Boxing (16 and up)	6-7pm – Jr. Warriors (age 8-12)	5-6pm – Pure Boxing (16 and up)	6-7pm – Jr. Warriors (age 8-12)	5-6pm – Pure Boxing (16 and up)	
	6-7pm – Pure Boxing (16 and up)	7-8pm – Defenders (age 13 – 16)	6-7pm – Pure Boxing (16 and up)	7-8pm – Defenders (age 13 – 16)	6-7pm – Pure Boxing (16 and up)	
	7:15 – 8:15pm – Kickboxing Conditioning	8-8:45– Fight Team Sparring	7:15 – 8:15pm – Kickboxing Conditioning	8-8:30 – Leadership Program	7:15 – 8:15pm – Kickboxing Conditioning	
28	29	30	31			
CLOSED	6-10am – WOW Program Only	6-10am- WOW Program Only	6-10am – WOW Program Only			
	10-12pm – Open Gym (13 and up <b>)</b>	10-12pm – Open Gym (13 and up)	10-12pm – Open Gym (13 and up)			
	12-4pm - Personal Training Only	12-5pm – WOW Program Only	12-4pm - Personal Training Only			
	4-5pm – Open Gym (13 and up)	5-6pm – Open Gym	4-5pm – Open Gym (13 and up)			
	4:15- 4:45pm – Rookie Class	5:15 – 5:45pm – Rookie Class	4:15- 4:45pm – Rookie Class			
	5-6pm – Pure Boxing (16 and up)	6-7pm – Jr. Warriors (age 8-12)	5-6pm – Pure Boxing (16 and up)			
	6-7pm – Pure Boxing (16 and up)	7-8pm – Defenders (age 13 – 16)	6-7pm – Pure Boxing (16 and up)			
	7:15 – 8:15pm – Kickboxing Conditioning	8-8:45– Fight Team Sparring	7:15 – 8:15pm – Kickboxing Conditioning			

\*NOTES: 1) If you would like to work out during an open gym time, we must be notified, via text, the day prior. 724-495-0671

2) OPEN GYM means the gym will be open for limited hours, as posted, so you can work out on your own. No Classes.