

~ Warriors' Call Schedule JULY 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6-10am – WOW Program Only 10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	2 6-10am– WOW Program Only 10-12pm – Open Gym (13 and up) 12-5pm – WOW Program Only 5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class 6-7pm – Jr. Warriors (age 8-12) 7-8pm – Defenders (age 13 – 16) 8-8:45 – Fight Team Sparring	3 6-10am – WOW Program Only 10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	4 CLOSED! HAPPY 4th OF JULY!!!!	5 6-10am – WOW Program Only 10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	6 10-11am – All Ages/Family Hr. 11-12pm – Adult Open Gym / Sparring
7 CLOSED	8 6-10am – WOW Program Only 10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	9 6-10am– WOW Program Only 10-12pm – Open Gym (13 and up) 12-5pm – WOW Program Only 5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class 6-7pm – Jr. Warriors (age 8-12) 7-8pm – Defenders (age 13 – 16) 8-8:45 – Fight Team Sparring	10 6-10am – WOW Program Only 10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	11 6-10am– WOW Program Only 10-12pm – Open Gym (13 and up) 12-5pm – WOW Program Only 5-6pm – Open Gym 5:15 – 5:45pm – Rookie Class 6-7pm – Jr. Warriors (age 8-12) 7-8pm – Defenders (age 13 – 16) 8-8:30 – Leadership Program	12 6-10am – WOW Program Only 10-12pm – Open Gym (13 and up) 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 4:15- 4:45pm – Rookie Class 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15 – 8:15pm – Kickboxing Conditioning	13 10-11am – All Ages/Family Hr. 11-12pm – Adult Open Gym / Sparring
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***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.