



# NOVEMBER 2024

## Group Class Schedule

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### GYM OPEN HOURS:

MON-FRI 6am-2pm  
SAT 6am-12pm  
3pm-9pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00-07:00	HYROX STRENGTH	HYROX STRENGTH	HYROX HYBRID	HYROX HYBRID	HYROX STRENGTH	HYROX GRIND *6AM - 7:30AM*
07:00-08:00			HYROX HYBRID			
08:00-09:00						HYROX STRENGTH
09:15-10:15		BACK DAY muscle gains			BACK DAY muscle gains	HYROX GRIND *9AM - 10:30AM*
10:30-11:30	BOXING all levels	HYROX HYBRID	BOXING all levels-conditioning	HYROX HYBRID	BOXING all levels	
11:30-12:30	ZUMBA			UPPER BODY DAY muscle gains	ZUMBA	
12:00-13:00	LEG DAY muscle gains		LEG DAY muscle gains		LEG DAY muscle gains	BOXING fundamentals
13:00-14:00		ZUMBA	ZUMBA	ZUMBA		
17:00-17:50	KID'S BOXING	KID'S KICKBOXING	KID'S KICKBOXING	KID'S BOXING		
18:00-19:00	BOXING fundamentals	BOXING all levels	BOXING sparring training *6:30PM-7:15PM*	BOXING fundamentals	WARRIOR BOOTCAMP	WARRIOR BOOTCAMP
19:15-20:15	BOXING all levels MUAY THAI all levels	BOXING strength & conditioning	BOXING all levels	BOXING strength & conditioning WARRIOR BOOTCAMP	WARRIOR BOOTCAMP	MUAY THAI all levels

OPEN MAT/GYM



MEMBERSHIPS



LOCATE US



- Schedule may change without notice
- Scan QR code for open mat/gym availability
- Please refer to TeamUp booking app for latest schedule