

# ~ Warriors' Call Schedule Feb 2021 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 1am - 10am – WOW Program Only 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15-8:15 – Kickboxing Conditioning	<b>2</b> 1am - 10am – WOW Program Only 12pm-5pm – WOW Program Only 5pm-6pm – Open Gym 6pm-7pm – Warriors (age 10-12) 7pm-8pm – Defenders (age 13–16) 8pm-12am – WOW Program Only	<b>3</b> 1am - 10am – WOW Program Only 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15-8:15 – Kickboxing Conditioning	<b>4</b> 1am - 10am – WOW Program Only 12pm-5pm – WOW Program Only 5pm-6pm – Open Gym 6pm-7pm – Warriors (age 10-12) 7pm-8pm – Defenders (age 13–16) 8pm-12am – WOW Program Only	<b>5</b> 1am - 10am – WOW Program Only 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7pm-12am - WOW Program Only	<b>6</b> 10-11am – All Ages/Family Hr. 11-12pm – Adult Open Gym / Sparring
<b>7</b> CLOSED	<b>8</b> 1am - 10am – WOW Program Only 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15-8:15 – Kickboxing Conditioning	<b>9</b> 1am - 10am – WOW Program Only 12pm-5pm – WOW Program Only 5pm-6pm – Open Gym 6pm-7pm – Warriors (age 10-12) 7pm-8pm – Defenders (age 13–16) 8pm-12am – WOW Program Only	<b>10</b> 1am - 10am – WOW Program Only 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7:15-8:15 – Kickboxing Conditioning	<b>11</b> 1am - 10am – WOW Program Only 12pm-5pm – WOW Program Only 5pm-6pm – Open Gym 6pm-7pm – Warriors (age 10-12) 7pm-8pm – Defenders (age 13–16) 8pm-12am – WOW Program Only	<b>12</b> 1am - 10am – WOW Program Only 12-4pm - Personal Training Only 4-5pm – Open Gym (13 and up) 5-6pm – Pure Boxing (16 and up) 6-7pm – Pure Boxing (16 and up) 7pm-12am - WOW Program Only	<b>13</b> 10-11am – All Ages/Family Hr. 11-12pm – Adult Open Gym / Sparring
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