

A WARRIOR'S WAY SCHEDULE

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|----------------|-----------------|----------------|--------------------|----------------|-----------------|----------------|-------------------|----------------|-----------------|----------------|-------------------|
| 8:20-8:50 AM | Warrior Fitness | 8:20-8:50 AM | Warrior Kickboxin | | | 8:20-8:50 AM | Warrior Kickboxin | 8:20-8:50 AM | Warrior Fitness | | |
| | | 9:15-10:00 AM | Boise Self Defense | | | 10:00-10:45 AM | HS PE Warriors | | | 10:00-10:40 AM | Warrior Kickboxin |
| 11:00-11:30 AM | Warrior Fitness | 11:00-11:30 AM | Warrior Kickboxin | 11:00-11:30 AM | Warrior Fitness | 11:00-11:30 AM | Warrior Kickboxin | 11:00-11:30 AM | Warrior Fitness | | |
| 12:15-12:45 PM | Warrior Fitness | 12:15-12:45 PM | Warrior Kickboxin | 12:15-12:45 PM | Warrior Fitness | 12:15-12:45 PM | Warrior Kickboxin | 12:15-12:45 PM | Warrior Fitness | Coming | Soon! |
| 2:30-3:15 | HS TKD | | | 2:30-3:15 | HS TKD | | | | | | |
| | | 3:30-4:00 | Lil Warriors | | | 3:30-4:00 | Lil Warriors | | | | |
| 3:30-4:15 | TKD | | | 3:30-4:15 | TKD | | | | | | |
| 4:15-5:00 | Warrior Fitness | 4:15-5:00 | Warrior Kickboxin | 4:15-5:00 | Warrior Fitness | 4:15-5:00 | Warrior Kickboxin | 4:15-5:00 | Warrior Fitness | Coming | Soon! |
| 5:00-5:45 | TKD | 5:00-5:45 | TKD | 5:00-5:45 | TKD | 5:00-5:45 | TKD | 5:00-5:45 | Warriors Club | | |
| 5:50-6:30 | Warrior Fitness | 5:50-6:30 | Warrior Kickboxin | 5:50-6:30 | Warrior Fitness | 5:50-6:30 | Warrior Kickboxin | 5:50-6:30 | Warrior Fitness | | |
| | | | | | | | | | | | |
| 7:00-9:00 | Boise Jiu-Jitsu | 7:00-9:00 | Boise Jiu Jitsu | 7:00-9:00 | Boise Jiu Jitsu | 7:00-9:00 | Boise Jiu Jitsu | | | | |

WWW.WW4YOU.COM | 208-371-9037 | SELFDEFENSE4YOU@GMAIL.COM



Boise Self Defense Company
www.boiseselfdefenseco.com

WARRIORS FIT BODY SOLUTION
www.FITWARRIORS.COM
www.BoiseFITNESSBOOTCAMP.COM

A WARRIORS WAY MARTIAL ARTS AND FITNESS
WWW.WW4YOU.COM

