

A WARRIOR'S WAY SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						6:00-7:00 AM	Power Yoga				
10:00-11:00 AM	Power Yoga			10:00-10:45 AM	HS PE Warriors	10:00-10:45 AM	HS PE Warriors			10:00-10:40 AM	Warrior Kickboxin
10:50-11:30AM	Warrior Fitness	10:50-11:30AM	Warrior Kickboxin	10:50-11:30AM	Warrior Fitness	10:50-11:30AM	Warrior Kickboxin	10:50-11:30AM	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		
2:30-3:15	HS TKD			2:30-3:15	HS TKD						
3:15-3:45	Beginner Block	3:30-4:00	Lil Warriors	3:15-3:45	Beginner Block	3:30-4:00	Lil Warriors				
3:45-4:30	TKD			3:45-4:30	TKD						
4:30-5:00	OPEN GYM	4:15-5:00	MMA	4:30-5:00	OPEN GYM	4:15-5:00	MMA	4:00-5:00	Power Yoga		
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		
7:00-7:45	Self Defense	7:00-7:45	Self Defense	7:00-7:45	Self Defense	7:00-7:45	Self Defense				
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				

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Boise Self Defense Company
www.boiseselfdefenseco.com

WARRIOR FIT BODY SOLUTION
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