



May 2025

Group Class Schedule

info@warrior-macau.com
www.warrior-macau.com
+853 6223 3207

GYM OPEN HOURS:

MON-FRI 6am-2pm
SAT 6am-12:45pm
3pm-9pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00-07:00	HYROX STRENGTH HYROX RUN	HYROX STRENGTH	HYROX HYBRID	SPEED & PLYOMETRICS	HYROX STRENGTH	HYROX GRIND *6AM - 7:30AM* HYROX SIMULATION *6AM - 7:30AM*
07:00-08:00		HYROX STRENGTH	HYROX HYBRID	SPEED & PLYOMETRICS		HYROX HYBRID
08:00-09:00						
09:15-10:15	LEG DAY muscle gains	UPPER BODY DAY muscle gains	HYROX HYBRID	LEG DAY muscle gains	UPPER BODY DAY muscle gains	
10:30-11:30	BOXING all levels	HYROX HYBRID	BOXING strength & conditioning	HYROX HYBRID		BOXING fundamentals
12:00-13:00	LEG DAY muscle gains		HYROX HYBRID			PILATES MAT *11:50-12:50*
13:00-14:00		ZUMBA	ZUMBA	ZUMBA		LEG DAY muscle gains
14:00-15:00	UPPER BODY DAY muscle gains	HYROX HYBRID	UPPER BODY DAY muscle gains	HYROX GRIND *2pm - 3:30pm*	LEG DAY muscle gains	
15:00-16:00			HYROX HYBRID *3:15pm - 4:15pm*		HYROX STRENGTH	
16:15-17:05	TEEN Athletic Performance	KID'S KICKBOXING		KID'S BOXING		
17:05-17:55	KID'S BOXING	KID'S KICKBOXING	KID'S KICKBOXING	KID'S BOXING		
18:00-19:00	BOXING all levels	BOXING fundamentals UPPER BODY DAY muscle gains	BOXING all levels *6:30PM-7:15PM* LEG DAY muscle gains	BOXING fundamentals HYROX HYBRID	BOXING sparring training WARRIOR BOOTCAMP	
19:15-20:15	BOXING all levels HYROX HYBRID	BOXING all levels	BOXING all levels	BOXING strength & conditioning MUAY THAI all levels	BOXING strength & conditioning MUAY THAI all levels	

OPEN MAT/GYM

MEMBERSHIPS

BOOKING APP/IOS BOOKING APP/ANDROID

LOCATE US



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