



April 2025

Group Class Schedule

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

GYM OPEN HOURS:

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00-07:00	HYROX STRENGTH HYROX RUN	HYROX STRENGTH	HYROX HYBRID	HYROX HYBRID	HYROX STRENGTH	HYROX GRIND *6AM - 7:30AM* HYROX SIMULATION *6AM - 7:30AM*
07:00-08:00		HYROX STRENGTH	HYROX HYBRID	HYROX HYBRID		
08:00-09:00						HYROX STRENGTH
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 all levels-conditioning	HYROX HYBRID	BOXING all levels	BOXING fundamentals
12:00-13:00	LEG DAY muscle gains		HYROX HYBRID		BOXING *11:45-12:45* fundamentals LEG DAY muscle gains	PILATES MAT *11:50-12:50*
13:00-14:00	HYROX HYBRID	ZUMBA	ZUMBA	ZUMBA		
14:30-15:30	BOXING all levels	LEG DAY muscle gains		UPPER BODY DAY muscle gains	HYROX STRENGTH *3pm - 4pm*	
15:30-16:30		HYROX HYBRID				
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 fundamentals	BOXING all levels UPPER BODY DAY muscle gains	BOXING *6:30PM-7:15PM* sparring training LEG DAY muscle gains	BOXING fundamentals WARRIOR BOOTCAMP	WARRIOR BOOTCAMP	
19:15-20:15	BOXING all levels	BOXING strength & conditioning	BOXING all levels	BOXING strength & conditioning MUAY THAI all levels	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