



Training For Warriors Albuquerque



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Classes					
	Cardio 5:00 am - 6:00 am		Cardio 5:00 am - 6:00 am		
Strength 6:00 am - 7:00 am	Cardio 6:00 am - 7:00 am	Strength & Cardio 6:00 am - 7:00 am	Cardio 6:00 am - 7:00 am	Strength 6:00 am - 7:00 am	
Strength 7:00 am - 8:00 am	Cardio 7:00 am - 8:00 am	Strength & Cardio 7:00 am - 8:00 am	Cardio 7:00 am - 8:00 am	Strength 7:00 am - 8:00 am	
	Kickboxing 8:15 am - 9:00 am		Kickboxing 8:15 am - 9:00 am		Strength & Cardio 8:00 am - 9:00 am
	Warrior X 9:00 am - 10:00 am	Warrior X 9:00 am - 10:00 am	Warrior X 9:00 am - 10:00 am		Boxing 9:30 am - 10:30 am
	Retired Warriors 10:00 am - 11:00 am		Retired Warriors 10:00 am - 11:00 am		
Strength 11:00 am - 12:00 pm	Cardio 11:00 am - 12:00 pm	Strength & Cardio 11:00 am - 12:00 pm	Cardio 11:00 am - 12:00 pm	Strength 11:00 am - 12:00 pm	
TFW Jump Start* 12:00 pm - 1:00 pm	Abs, Glutes & Core 12:00 pm - 1:00 pm	TFW Jump Start* 12:00 pm - 1:00 pm	Abs, Glutes & Core 12:00 pm - 1:00 pm	TFW Jump Start* 12:00 pm - 1:00 pm	
Evening Classes					
Strength 4:30 pm - 5:30 pm	Cardio 4:30 pm - 5:30 pm	Strength & Cardio 4:30 pm - 5:30 pm	Cardio 4:30 pm - 5:30 pm		
Strength 5:30 pm - 6:30 pm	Cardio 5:30 pm - 6:30 pm	Strength & Cardio 5:30 pm - 6:30 pm	Cardio 5:30 pm - 6:30 pm	Strength 5:30 pm - 6:30 pm	
Strength 6:30 pm - 7:30 pm	Cardio 6:30 pm - 7:30 pm	Strength & Cardio 6:30 pm - 7:30 pm	Cardio 6:30 pm - 7:30 pm		
	Boxing 6:30 pm - 7:30 pm				
*Coach approval required to attend					

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