



1401 S. Circle Ave., Forest Park, IL
708-724-4674

Warrior Workout Schedule Jan. 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	Warrior Workout		Warrior Workout		Warrior Workout	
6:15am	Warrior Workout		Warrior Workout		Warrior Workout	
7:00am						
9:00am	Warrior Workout		Warrior Workout	Warrior Workout (New Class)	Warrior Workout	Warrior Workout
10:00am						Warrior Workout (New Class)
5:30pm						
6:00pm						
7:00pm	Warrior Workout	Warrior Workout	Warrior Workout (New Class)	Warrior Workout		
8:00pm	Warrior Workout (New Class)	Warrior Workout		Warrior Workout		