



MAINE WARRIOR GYM

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 AM		Adult Obstacle Fitness		Adult Obstacle Fitness			
7 AM							
8 AM							
9 AM							
10 AM			Spartan Fitness				Little Warriors
11 AM	Parkour / Freerunning						Teens Ages 11-17
12 PM	Birthday party block OR open gym - Call ahead	Adult Obstacle Fitness		Adult Obstacle Fitness			Birthday party block OR open gym - Call ahead
1 PM							
2 PM	Birthday party block OR open gym - Call ahead						Birthday party block OR open gym - Call ahead
3 PM							
4 PM	Little Warriors	Parkour / Freerunning	Little Warriors	Parkour / Freerunning	Little Warriors	Open Gym	Open Gym
5 PM	Teens Ages 11-17	Open Gym	Teens Ages 11-17	Open Gym	Teens Ages 11-17		
6 PM	Ninja Warrior Training		Adult Obstacle Fitness		Adult Obstacle Fitness	Beginner Obstacle Fitness	Parkour / Freerunning
7 PM		Advanced Spartan Fitness	Open Gym		Open Gym	Open Gym	
8 PM				Ninja Warrior Training			

Studio Classes (at additional cost):

Jedi Lightsaber Training: Wed @ 6pm

Traditional Ninjitsu (art of the Ninja): Mon @ 7pm

Tae Kwon Do: Mon & Thur @ 5:45pm

Metabolic Bootcamp: Sat @ 9am

Functional Strength & Conditioning: Tues @ 5:30pm

www.MaineWarriorGym.com



MAINE WARRIOR GYM

WHERE OBSTACLES.....ARE OPPORTUNITIES

207-370-4298

**MONTHLY RATES INCLUDE UNLIMITED
OBSTACLE CLASSES AND OPEN GYM
ADDITIONAL FAMILY MEMBERS: 25% OFF!**

Membership	Age	Rate	2nd Family Member
Monthly Membership	18	\$135.00	\$101.25
3-Month Contract	18	\$125.00	\$93.75
1-Year Contract	18	\$99.00	\$74.25
1-Year PREPAID	18	\$890 (\$74/mo.)	667 (\$42/mo)
STUDIO ONLY	13+	\$35.00	\$35.00
10-Day Punch Card	5+	\$149.00	\$111.75
Obstacle Course Drop In	5+	\$20 (\$10 first time)	\$20 (\$10 first time)
Monthly Membership	11-17	\$115.00	\$86.25
3-Month Contract	11-17	\$99.00	\$74.25
1-Year Contract	11-17	\$89.00	\$66.75
1-Year PREPAID, Teen	11-17	\$850 (\$71/mo)	637 (\$53/mo)
Monthly Membership	5-10	\$99.00	\$74.25
3-Month Contract	5-10	\$89.00	\$66.75
1-Year Contract	5-10	\$75.00	\$56.25
1-year PREPAID Little Warriors	5-10	720 (\$60/mo)	540 (\$45/mo)