

Inner Warrior Fitness Schedule

Effective September 4th 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Fight & Flow Boxing 9am - 10am	Kickboxing 9am - 10am	Fight & Flex Kickboxing 9am - 10am		Kickboxing 8:30am - 9:15am	Kickboxing with Bonje 11am-12pm
Personal Training *By appointment 8am-2pm	Personal Training *By appointment 8am-2pm	Personal Training *By appointment* 8am-2pm	Personal Training *By appointment 8am-2pm	Personal Training *By appointment 8am-2pm	Yoga 9:15am – 10am	*Kid Birthday Parties By appointment 12:30pm-2pm
<i>Martial Arts program in progress Available with Combo membership</i>	<i>Martial Arts program in progress Available with Combo membership</i>	Yoga 6:30pm - 7:15pm	<i>Martial Arts program in progress Available with Combo membership</i>	<i>Martial Arts program in progress Available with Combo membership</i>	Warrior Weights Bootcamp 10am - 11am	
Fight & Flow Boxing 7:15pm - 8:15pm	<i>Martial Arts program in progress Available with Combo membership</i>	Warrior Weights Bootcamp 7:15pm - 8:15pm	Fight & Flex Kickboxing 7:15pm - 8:15pm	Fight & Flow Boxing 7:15pm - 8pm	<i>Martial Arts program in progress Available with Combo membership</i>	
Warrior Weights Bootcamp 8:15pm - 9pm	Kickboxing 8:15pm - 9pm	Fight & Flex Kickboxing 8:15pm - 9pm	Kickboxing 8:15pm - 9pm		<i>Martial Arts program in progress Available with Combo membership</i>	

Personal Training by appointment. Contact to book

Select evening Personal Training time slots available by request