Inner Warrior Fitness Schedule

Effective September 4th 2024

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

Personal Training by appointment. Contact to book

Select evening Personal Training time slots available by request