

All classes must be pre-booked online

In Person and Virtual

Fitness & Yoga Class Schedule In Person & Virtual

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		Kickboxing With Bonje		Kickboxing With Bonje			
8am						Kickboxing	
9am						Yoga	
10am		Fight & Flex Kickboxing	Kickboxing	Fight & Flow Boxing		Total Warrior Bootcamp	
11am							Kickboxing With Bonje
12pm							
1pm							
6pm	Teen/Adult Martial Arts					Weapons Class	
6:15pm (45min Class)		Yoga		Fight & Flex Kickboxing			
7pm	Fight & Flow Boxing	Teen/Adult Martial Arts	Total Warrior Bootcamp	Teen/Adult Martial Arts	Fight & Flow Boxing		
8:15pm	Total Warrior Bootcamp	Kickboxing	Fight & Flex Kickboxing	Kickboxing			

Please Note: Martial Arts Classes are available for an additional fee

Personal Training available by appointment