

Call or email to book your classes

905-510-2493 innerwarriorfit@gmail.com

Inner Warrior Schedule For Fitness & Yoga classes

In Person & Live Stream

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7am		Kickboxing With Bonje *No live stream*		Kickboxing With Bonje *No live stream*			
8am						Kickboxing	
9am						Yoga	
10am		Fight&Flex	Kickboxing	Fight&Flow		Total Warrior Bootcamp	
11am							Kickboxing With Bonje *No live stream*
11:30am						All Ages MARTIAL ARTS	
6pm	All Ages MARTIAL ARTS				All Ages Weapons class		
6:15pm *45min Class*		Yoga		Fight&Flex			
7pm	Fight&Flow	Teen/Adult MARTIAL ARTS	Total Warrior Bootcamp	Teen/Adult MARTIAL ARTS	Fight&Flow		
8:15pm	Total Warrior Bootcamp	Kickboxing	Fight&Flex	Kickboxing			

Fight&Flow Classes = (Boxing/Kickboxing and Yoga combo class)

Fight&Flex Classes = (Boxing/Kickboxing and Bootcamp combo class)

Total Warrior Bootcamp = Strength Training Class

**\*MARTIAL ARTS PROGRAM AVAILABLE TO FITNESS MEMBERS FOR ADDITIONAL FEES\***