

## Inner Warrior Schedule 2020

|         | Monday  | Tuesday   | Wednesday                                       | Thursday  | Friday  | Saturday                             | Sunday                |
|---------|---|---|---|---|---|--------------------------------------|-----------------------|
| 8am     |   |   |   |   |   | Kickboxing                           |                       |
| 9am     | Personal Training<br>9am to 9pm<br>Call to Book | Personal Training<br>9am to 9pm<br>Call to Book | Personal Training<br>9am to 9pm<br>Call to Book | Personal Training<br>9am to 9pm<br>Call to Book | Personal Training<br>9am to 9pm<br>Call to Book | Yoga                                 |                       |
| 10am    |   | Kickboxing                                      |   | Kickboxing                                      |   | Total Body Warrior Bootcamp          |                       |
| 11am    |   |   |   |   |   | Tae Kwon Do Lil' Warriors 3-5 years  | Kickboxing with Bonje |
| 11:30am |   |   |   |   |   | Tae Kwon Do Kids All Belts           |                       |
| 12:30pm |   |   |   |   |   | Tae Kwon Do Teens & Adults All Belts |                       |
| 5pm     | Tae Kwon Do White belt- Yellow Belt             | Tae Kwon Do Green Stripe- Blue Stripe           | Tae Kwon Do Blue belt and Up                    | Tae Kwon Do White belt- Yellow Belt             |   |                                      |                       |
| 6pm     | Tae Kwon Do Blue belt and Up                    | Yoga  | Tae Kwon Do White belt- Yellow Belt             | Tae Kwon Do Green Stripe- Blue Stripe           |   |                                      |                       |
| 7pm     | Fight & Flow Boxing                             | Tae Kwon Do Teen & Adult All Belts              | Fight & Flex Boxing                             | Tae Kwon Do Teen & Adult all belts              | Fight & Flow Boxing                             |                                      |                       |
| 8pm     | Total Body Warrior Bootcamp                     |   |   |   |   |                                      |                       |
| 8:30pm  |   | Kickboxing                                      |   | Kickboxing                                      |   |                                      |                       |

### Legend:

|                           |                                      |
|---------------------------|--------------------------------------|
| Personal Training         | Tae Kwon Do Beginner Kids            |
| Fitness                   | Tae Kwon Do Intermediate Kids/Adults |
| Yoga                      | Tae Kwon Do Advanced Kids/Adults     |
| Tae Kwon Do 3-5 year olds | Tae Kwon Do Teens and Adults         |