

Inner Warrior Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am						Kickboxing	
9am	Personal Training 9am to 9pm Call to Book	Personal Training 9am to 9pm Call to Book		Personal Training 9am to 9pm Call to Book	Personal Training 9am to 9pm Call to Book	Yoga	
10am		Kickboxing		Kickboxing		Total Body Warrior Bootcamp	
11am							Kickboxing with Bonje
6:30pm		Yoga				Personal Training Call to Book	
7pm	Fight & Flow Boxing		Fight & Flex Boxing		Fight & Flow Boxing		
8:30pm	Total Body Warrior Bootcamp	Kickboxing		Kickboxing			