

## Inner Warrior Fitness & Yoga Class Schedule

<u>Time:</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>8am</u>						<b>Kickboxing</b>	
<u>9am</u>						<b>Yoga</b>	
<u>10am</u>		<b>Fight&amp;Flex Kickboxing</b>	<b>Kickboxing</b>	<b>Fight&amp;Flow Boxing</b>		<b>Warrior Weights Bootcamp</b>	
<u>11am</u>							<b>Kickboxing with Bonje</b>
<u>12pm</u>						<b>Sparring Competition Team 12:30-1:30pm *Invite Only*</b>	
<u>1pm</u>		<b>Sparring Class (Partners)</b>		<b>Sparring Class (Partners)</b>			
<u>6:15pm (45min)</u>	<b>MARTIAL ARTS 6-7pm (UPGRADE TO ACCESS)</b>	<b>Sparring Class (Partners)</b>		<b>Fight&amp;Flex Kickboxing</b>	<b>WEAPONS CLASS (UPGRADE TO ACCESS) 6-7pm</b>		
<u>7pm</u>	<b>Fight&amp;Flow Boxing</b>	<b>MARTIAL ARTS (UPGRADE TO ACCESS)</b>	<b>Warrior Weights Bootcamp</b>	<b>MARTIAL ARTS (UPGRADE TO ACCESS)</b>	<b>Fight&amp;Flow Boxing</b>		
<u>8:15pm</u>	<b>Warrior Weights Bootcamp</b>	<b>Kickboxing</b>	<b>Fight&amp;Flex Kickboxing</b>	<b>Kickboxing</b>			

\*MARTIAL ARTS CLASSES AVAILABLE WITH UPGRADE\*

\*PERSONAL TRAINING AVAILABLE BY APPOINTMENT\*

