

## **Inner Warrior Fitness Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Fight & Flow Boxing <b>10am-11am</b>	Kickboxing <b>10am-11am</b>	Fight & Flex Kickboxing <b>10am-11am</b>		Kickboxing <b>8am-9am</b>	Kickboxing with Bonje <b>11am-12pm</b>
Personal Training *By appointment <b>11am-2pm</b>	Personal Training *By appointment <b>11am-2pm</b>	Personal Training *By appointment* <b>11am-2pm</b>	Personal Training *By appointment <b>11am-2pm</b>	Personal Training *By appointment <b>11am-2pm</b>	Yoga <b>9am-10am</b>	*Kid Birthday Parties By appointment <b>12:30pm-2pm</b>
Separate program In Progress	Pads Class <b>5:45pm-6:30pm</b>	Yoga <b>6:30pm-7:15pm</b>	Separate program In Progress	Separate program In Progress	Warrior Weights Bootcamp <b>10am-11am</b>	
Fight & Flow Boxing <b>7:15pm-8:15pm</b>	Weapons Class <b>6:30pm-7:15pm</b>	Warrior Weights Bootcamp <b>7:15pm-8:15pm</b>	Fight & Flex Kickboxing <b>7:15pm-8:15pm</b>	Weapons Class <b>6pm-7pm</b>	Advanced Weapons Class Purple – Black <b>12:15pm-1pm</b>	
Warrior Weights Bootcamp <b>8:15pm-9pm</b>	Kickboxing <b>8:15pm-9pm</b>	Fight & Flex Kickboxing <b>8:15pm-9pm</b>	Kickboxing <b>8:15pm-9pm</b>	Fight & Flow Boxing <b>7pm-8pm</b>		

\*Select evening Personal Training time slots available by request\*