

## Theorem Fitness & Jiu Jitsu Club - Bonita Springs

bonita springs

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|                        |              |
|------------------------|--------------|
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*bonita springs*

### *Theorem Fitness & Jiu Jitsu Club - Bonita Springs*

#### **Theorem Fitness & Jiu Jitsu Club: A Transformative Experience in Bonita Springs, Florida**

Welcome to **Theorem Fitness & Jiu Jitsu Club**, located in the heart of Bonita Springs, Florida. This unique training facility offers a holistic approach to fitness and martial arts, making it an excellent choice for anyone looking to improve their physical and mental well-being.

## Accessibility and Amenities

Theorem Fitness prides itself on being **wheelchair-accessible**. With a **wheelchair-accessible entrance** and a designated **wheelchair-accessible car park**, the facility is designed to accommodate everyone, ensuring that all individuals can easily participate in classes and training sessions.

The club features modern amenities, including:

- Clean and spacious training areas
- Full-sized mats for Jiu Jitsu practice
- Two bathrooms equipped with showers
- High-end fitness equipment for personalized workout plans

## A Supportive Community

What sets Theorem Fitness apart is its welcoming community. Many members have shared how they felt instantly at home within the group. One member noted, "The camaraderie among the guys has turned classmates into friends," highlighting the supportive environment that encourages growth and progress. Professor Dominick, the head instructor, is highly regarded for his ability to make students feel comfortable and valued. His personalized approach means that every individual receives tailored guidance that addresses their unique needs, whether they are just starting or are experienced practitioners.

## Expert Coaching for All Levels

Dominick's extensive knowledge in fitness and martial arts is evident in every session. He is dedicated to helping clients achieve their fitness goals while prioritizing safety and well-being. One testimonial reads, "Dominick is a very knowledgeable and attentive trainer... he knows all about pain and how to guide you to achieve your fitness goals without hurting yourself." This focus on individualized coaching has led to remarkable transformations among members, with many reporting significant improvements in strength, mobility, and overall health.

## Join Us Today!

If you're in Bonita Springs and seeking a fitness journey that encompasses more than just a workout, look no further than Theorem Fitness & Jiu Jitsu Club. With accessibility, expert coaching, and a robust community atmosphere, this club is truly a place for everyone. Don't hesitate to take the first step towards transforming your life—join us and experience the difference!

## We are established at

28280 Old 41 Rd Suite 8, 34135 Bonita Springs, Florida - United States (US)

The contact line of this **Personal trainer** is +1239-366-5151  
And if you want to send a WhatsApp, you can do so at +1239-366-5151

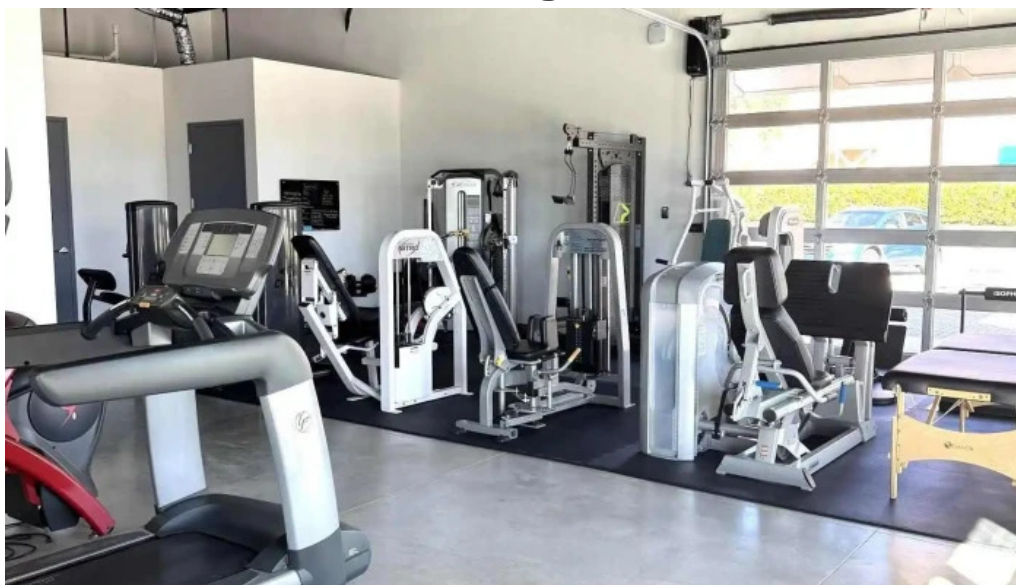
## Our business hours are:

| Day       | Hours            |
|-----------|------------------|
| Monday    | 7?AM–2?PM 6–8?PM |
| Tuesday   | 9?AM–2?PM        |
| Wednesday | Closed           |
| Thursday  | 7?AM–1?PM 2–8?PM |
| Friday    | 7?AM–8?PM        |
| Saturday  | 7?AM–1?PM 2–8?PM |
| Sunday    | 7?AM–8?PM        |

The website is Theorem Fitness & Jiu Jitsu Club

In case you want to change any data that you think is not correct about this page, we kindly request forward a message so we can we will adjust it quickly.  
In advance thanks for your cooperation.

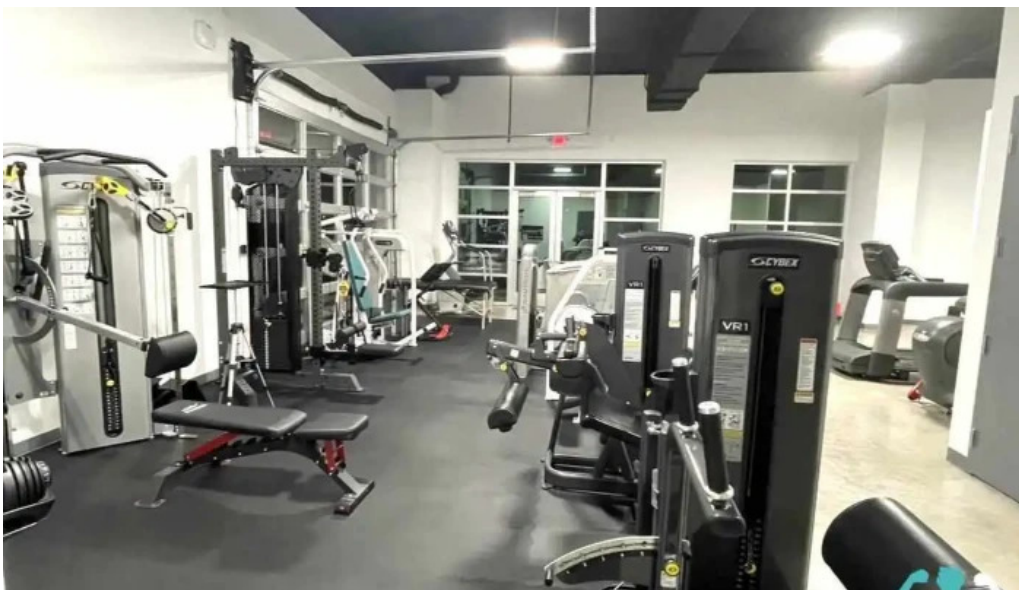
## Images



*Theorem fitness jiu jitsu club training*



*Theorem fitness jiu jitsu club street view 360deg*

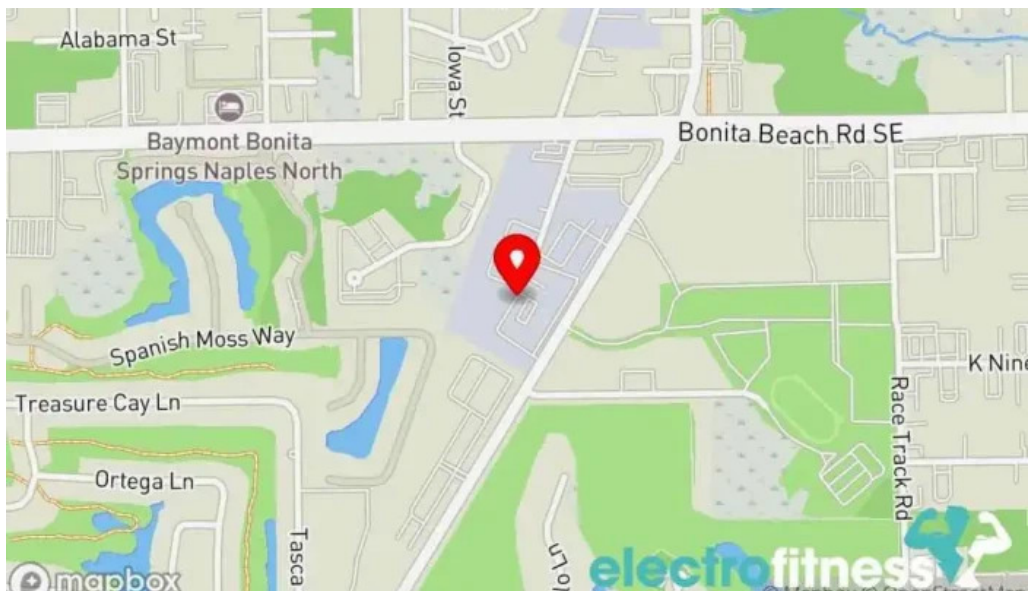


*Theorem fitness jiu jitsu club physical fitness*





*Theorem fitness jiu jitsu club personal trainer*



*Theorem fitness jiu jitsu club map*



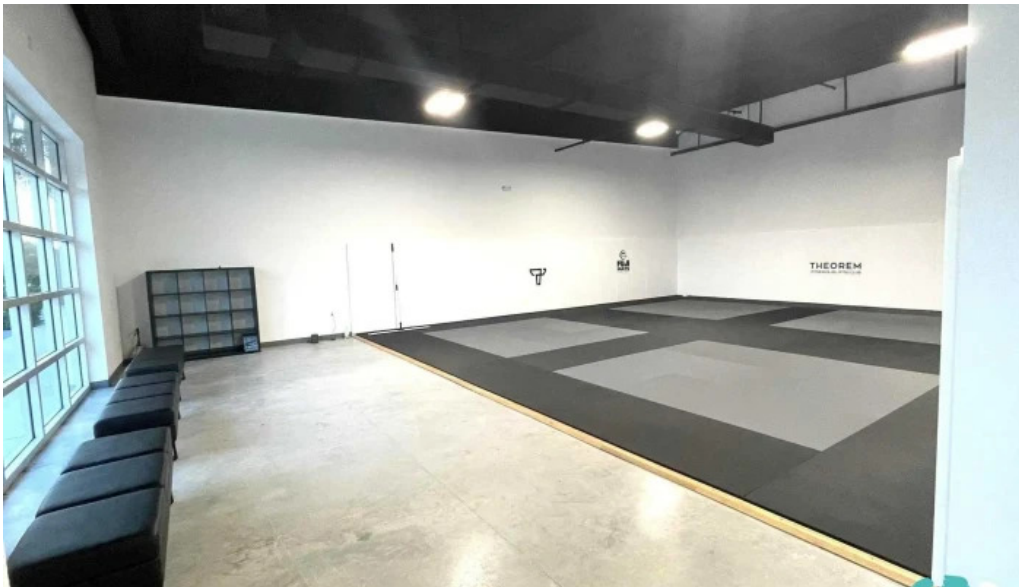
*Theorem fitness jiu jitsu club gym*



*Theorem fitness jiu jitsu club by owner*



*Theorem fitness jiu jitsu club bonita springs*



*Theorem fitness jiu jitsu club all*

## Tags

*Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance, Toilet, Amenities*

## Related content

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**4.6 \*** *Springs Athletics - Miami Springs*

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**5.0 \*** *City Different Jiu Jitsu - Santa Fe*

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**5.0 \*** *Community Fitness of Siloam Springs(CFSS) - Siloam Springs*

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**4.7 \*** *Atl Fitness 24/7 Sandy Springs - Sandy Springs*

|              |   |
|--------------|---|
| <b>4.9 *</b> | <i>Old School Jiu Jitsu - Kirksville</i>        |
| <b>5.0 *</b> | <i>Douglas County Jiu Jitsu - Gardnerville</i>  |
| <b>5.0 *</b> | <i>Akxe Jiu Jitsu Academy - Agoura Hills</i>    |
| <b>5.0 *</b> | <i>Acadiana Jiu Jitsu - Scott</i>               |
| <b>5.0 *</b> | <i>South Tahoe Jiu Jitsu - South Lake Tahoe</i> |
| <b>5.0 *</b> | <i>Elevate Jiu Jitsu Academy - Westwood</i>     |

## Categories

|                            |
|----------------------------|
| academic department        |
| acupuncture clinic         |
| after school program       |
| aikido school              |
| amusement center           |
| amusement park ride        |
| animal feed store          |
| apartment building         |
| apartment complex          |
| aquatic centre             |
| arena                      |
| art gallery                |
| association / organization |
| athletic club              |
| auditorium                 |
| bar                        |
| barber shop                |
| basketball club            |
| basketball court           |
| batting cage center        |
| body shaping class         |
| boot camp                  |
| boxing club                |
| boxing gym                 |
| boxing ring                |
| buddhist temple            |
| cafe                       |
| children's party service   |
| chiropractor               |



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| church                                       |
| club   |
| coffee shop                                  |
| college                                      |
| community center                             |
| convenience store                            |
| corporate office                             |
| counselor                                    |
| country club                                 |
| coworking space                              |
| cultural center                              |
| dance club                                   |
| dance company                                |
| dance school                                 |
| day spa                                      |
| department store                             |
| disability services and support organization |
| disc golf course                             |
| discount store                               |
| dive shop                                    |
| dollar store                                 |
| educational institution                      |
| electric utility company                     |
| elementary school                            |
| exercise equipment store                     |
| facial spa                                   |
| fertility clinic                             |
| firearms academy                             |
| fitness                                      |
| fitness center                               |
| fitness equipment wholesaler                 |
| food producer                                |
| foot care                                    |
| fountain                                     |
| gated community                              |
| golf club                                    |
| golf course                                  |
| golf instructor                              |
| grocery store                                |
| gun club                                     |
| gym  |
| gymnasium school                             |

|                                     |
|-------------------------------------|
| gymnastics center                   |
| gymnastics club                     |
| hair salon                          |
| health consultant                   |
| health food restaurant              |
| health food store                   |
| health spa                          |
| hiking area                         |
| historical landmark                 |
| hospital                            |
| hotel                               |
| ice skating rink                    |
| indoor cycling                      |
| indoor golf course                  |
| indoor lodging                      |
| jujitsu school                      |
| karate club                         |
| karate school                       |
| kennel                              |
| kickboxing school                   |
| kinesiologist                       |
| kinesiotherapist                    |
| martial arts club                   |
| martial arts school                 |
| massage spa                         |
| massage therapist                   |
| medical clinic                      |
| medical group                       |
| medical spa                         |
| meditation center                   |
| metaphysical supply store           |
| muay thai boxing gym                |
| non-profit organization             |
| nutritionist                        |
| outdoor clothing and equipment shop |
| outdoor sports store                |
| outdoor swimming pool               |
| park                                |
| parking lot                         |
| parkour spot                        |
| personal trainer                    |
| pharmacy                            |

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|--------------------------------|
| physical fitness program       |
| physical therapist             |
| physical therapy clinic        |
| pickleball court               |
| pilates studio                 |
| private golf course            |
| psychotherapist                |
| public educational institution |
| public library                 |
| public swimming pool           |
| recreation center              |
| rehabilitation center          |
| resort hotel                   |
| restaurant                     |
| rock climbing                  |
| rock climbing gym              |
| rv park                        |
| sauna                          |
| school                         |
| school district office         |
| self defense school            |
| senior citizen center          |
| shooting range                 |
| shopping mall                  |
| soccer club                    |
| social club                    |
| software company               |
| spa                            |
| spa and health club            |
| sporting goods store           |
| sports club                    |
| sports complex                 |
| sports massage therapist       |
| sports medicine clinic         |
| sports nutrition store         |
| sports school                  |
| summer camp organizer          |
| supermarket                    |
| swimming facility              |
| swimming instructor            |
| swimming pool                  |
| swimming school                |

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|-----------------------------|
| taekwondo school            |
| tanning salon               |
| tennis club                 |
| thrift store                |
| training centre             |
| vitamin & supplements store |
| water park                  |
| weight loss service         |
| weightlifting area          |
| wellness center             |
| wellness program            |
| women's organization        |
| women's personal trainer    |
| wrestling school            |
| yoga instructor             |
| yoga studio                 |
| youth center                |
| youth organization          |