

FALL

CLASS SCHEDULE

SEPT 1 – DEC 31



**SCAN TO
REGISTER!**



MONDAY

MINI NINJAS
(0-3)
10:00 AM - 10:50 AM

LIL NINJAS (3-5)
11:00 AM - 11:50 AM
1:00 PM - 1:50 PM
4:00 PM - 4:50 PM
5:00 PM - 5:50 PM

JUNIOR NINJAS (6+)
4:00 PM - 4:50 PM
5:00 PM - 5:50 PM

CONDITIONING (6+)
6:00 PM - 6:50 PM

TUESDAY

LIL NINJAS (3-5)
11:00 AM - 11:50 AM
1:00 PM - 1:50 PM
4:00 PM - 4:50 PM

JUNIOR NINJAS (6+)
4:00 PM - 4:50 PM

ELITE TEAM TRAINING
5:00 PM - 6:30 PM

WEDNESDAY

MINI NINJAS
(0-3)
10:00 AM - 10:50 AM

LIL NINJAS (3-5)
11:00 AM - 11:50 AM
1:00 PM - 1:50 PM
3:00 PM - 3:50 PM
4:00 PM - 4:50 PM

JUNIOR NINJAS (6+)
3:00 PM - 3:50 PM
4:00 PM - 4:50 PM

ELITE TEAM TRAINING
5:00 PM - 6:30 PM

THURSDAY

LIL NINJAS (3-5)
11:00 AM - 11:50 AM
1:00 PM - 1:50 PM
4:00 PM - 4:50 PM
5:00 PM - 5:50 PM

JUNIOR NINJAS (6+)
4:00 PM - 4:50 PM
5:00 PM - 5:50 PM

CONDITIONING (6+)
6:00 PM - 6:50 PM

ELITE TEAM TRAINING
6:00 PM - 7:45 PM

FRIDAY

MINI NINJAS
(0-3)
10:00 AM - 10:50 AM

LIL NINJAS (3-5)
11:00 AM - 11:50 AM
1:00 PM - 1:50 PM

PRIVATE BOOKING
4:00 PM - 4:45 PM
SEPT 25 - NOV 20

OPEN PLAY
5:00 PM - 5:45 PM

PARENTS NIGHT OUT
(ONCE A MONTH)
6:00 PM - 7:45 PM
\$45

SATURDAY & SUNDAY

LIL NINJAS (3-5)
9:00 AM - 9:50 AM
10:00 AM - 10:50 AM

JUNIOR NINJAS (6+)
9:00 AM - 9:50 AM
10:00 AM - 10:50 AM

OPEN PLAY
11:00 AM - 11:50 AM

**BIRTHDAY
CELEBRATIONS!**
AVAILABLE TIMES:
12:00 PM - 1:30 PM
2:00 PM - 3:30 PM
4:00 PM - 5:30 PM

LEGEND



MINI NINJAS (0-3):
Parent & child movement
and obstacle play.



LIL NINJAS (3-5):
Independent obstacle and
confidence-building class.



ELITE TEAM (5+):
Competition-based program
for dedicated athletes.



JUNIOR NINJAS (6+):
Advanced ninja skills and
obstacle training.



CONDITIONING (6+):
Strength, speed, agility, and
athletic performance training.