


Tots(3-6 Years Old), Kids(7-11 Years Old), Teens(12-16 Years Old), Adults(17+ Years Old), Orange Band+, Comp Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ninja Comp Kids 4:30-5:30	PK/Ninja 5:00-5:30	PK/Ninja 4:30-5:00	PK/Ninja 5:00-5:30	PK/Ninja 4:30-5:00	Ninja Course 10:00-10:45
Available for	Ninja Strength 5:45-6:30	Family Jump 5:30-6:00	Family Jump 5:00-5:30	Family Jump 5:30-6:00	Family Jump 5:00-5:30	Ninja Course 11:00-11:45
Private Sessions	Ninja Strength 6:45-7:30	Parkour 6:00-6:45	Parkour 5:30-6:15	Parkour 6:00-6:45	PK/Ninja Speed 5:30-6:15	Ninja/OG 12:00-12:45
Birthday Parties	Open Gym 6:45-8:00	Orange + Kids 7:00-7:45	Open Gym 6:15-7:00	Orange + Kids 7:00-7:45	Open Gym 6:15-7:00	Available for Parties
and Workshops!	Ninja Comp Teen 7:45-8:45	Parkour 7:30-8:15	Parkour 7:00-7:45	Parkour 7:30-8:15	Ninja Comp Kids 7:00-7:45 OG	Private Sessions
		Open Gym 7:30-8:45	Open Gym 7:00-8:15	Open Gym 7:30-8:45	PK/Ninja Speed 7:00-7:45	and Workshops!
			Ninja Comp Teen 7:45-8:45 OG		Open Gym 7:00-8:15	
Parkour: Learn safety & efficiency in movement through your environment surrounded by peers & passionate coaches!	PK/Ninja Speed: Put your training to the test on our Parkour & Ninja courses in this time trial of fire, fury, and FUN! Come for the competition, stay for the comradery.	Ninja: A class for soon-to-be Ninja Warriors! Come out & build strength and technique to learn to jump, climb, & move just like in the show!		Orange+ & Comp Team: Parkour & Ninja enthusiast take thier skills to the next level in advanced classes & sessions. Orange+ requires Orange band min. Comp Team is by invitation.	Open Gym: For the young & young at heart! Come in and train on almost all of our obstacles, with coaches present for advice & supervision!	Family Jump: Run, Jump & Climb with your little Ninja...YES, that means YOU! Parents must join in the action for our family open gym!