


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Available for	Ninja Tots <i>Tots(3-6)</i> 5:00-5:30	Parkour <i>Tots(3-6)</i> 5:00-5:30	Parkour <i>Kids(7-11)</i> 5:00-5:45	Parkour <i>Tots(3-6)</i> 5:00-5:30	PK/Ninja Speed <i>Kids(7-11)</i> 5:00-5:45	Ninja Course <i>Kids(7-11)</i> 10:00-10:45
Private Sessions	Ninja Strength <i>Kids(7-11)</i> 5:45-6:30	Family Jump <i>Tots(3-6)</i> 5:30-6:00	Open Gym <i>Kids(7-11)</i> 5:45-6:30	Family Jump <i>Tots(3-6)</i> 5:30-6:00	Open Gym <i>Kids(7-11)</i> 5:45-6:30	Ninja Course <i>Teens & Adults</i> 11:00-11:45
Birthday Parties	Ninja Strength <i>Teens & Adults</i> 6:45-7:30	Parkour <i>Kids(7-11)</i> 6:15-7:00	Parkour <i>Tots(3-6)</i> 6:30-7:00	Parkour <i>Kids(7-11)</i> 6:15-7:00	PK/Ninja Speed <i>Tots(3-6)</i> 6:30-7:00	Ninja Tots <i>Tots(3-6)</i> 12:00-12:30
and Workshops!	Open Gym <i>Teens & Adults</i> 7:15-8:00	Parkour <i>Teens & Adults</i> 7:15-8:00	PK Fundamentals <i>Teens & Adults</i> 7:15-8:00	Parkour <i>Teens & Adults</i> 7:15-8:00	PK/Ninja Speed <i>Teens & Adults</i> 7:15-8:00	Available for Parties
		Open Gym <i>Teens & Adults</i> 7:45-8:30	Open Gym <i>Teens & Adults</i> 7:15-8:00	Open Gym <i>Teens & Adults</i> 7:45-8:30	Open Gym <i>Teens & Adults</i> 7:15-8:30	Private Sessions and Workshops!
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!		PK Fundamentals: A lower-impact class perfect for any adult who'd like to see what Parkour is all about but may be a little unsure about how to get started!	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 NEW family open gym!