

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10:30 Little Ninja (45 min)			
2:00 Open Gym (1 Hour)		2:00 Open Gym (1 Hour)			11:00 Little Ninja (45 min)	11:00 Climbing (45 min)
3:30 Parkour L3-L4 (45 min) Little Ninja (45 min) Ninja L1-L2 (45 min) Open Gym (Climbing Wall) (45 min)	3:30 Parkour L1-L2 (45 min) Little Ninja (45 min) Ninja L3-L4 (45 min) Open Gym (Climbing Wall) (45 min)	3:30 Parkour L3-L4 (45 min) Climbing (45 min) Open Gym (Ninja Rig) (45 min) Little Ninja (45 min)	3:30 Parkour L1 (45 min) Little Ninja (45 min) Ninja L3-L4 (45 min) Open Gym (Climbing Wall) (45 min)	3:30 Parkour L2-L3 (45 min) Little Ninja (45 min) Ninja L1-L2 (45 min) Open Gym (Climbing Wall) (45 min)	12:00 Little Ninja (45 min)	12:00 Climbing (45 min)
4:30 Parkour L1 (45 min) Little Ninja (45 min) Open Gym (Ninja Rig) (45 min) Climbing (45 min)	4:30 Open Gym (Spring Floor) (45 min) Little Ninja (45 min) Ninja L1-L2 (45 min) Climbing (45 min)	4:30 Open Gym (Spring Floor) (45 min) Advanced Climbing L4+ (45 min) Ninja L1-L2 (45 min) Little Ninja (45 min)	4:30 Parkour L1-L2 (45 min) Little Ninja (45 min) Open Gym (Ninja Rig) (45 min) Climbing (45 min)	4:30 Advanced Parkour 4+ (45 min) Little Ninja (45 min) Ninja L1 (45 min) Open Gym (Climbing Wall) (45 min)	1:00 Little Ninja (45 min)	1:00 Little Ninja (45 min)
5:30 Parkour L1-L2 (45 min) Open Gym (Flex Space) (45 min) Ninja L3-L4 (45 min) Climbing (45 min)	5:30 Parkour L3-L4 (45 min) Open Gym (Flex Space) (45 min) Ninja L1 (45 min) Climbing (45 min)	5:30 Parkour L1-L2 (45 min) Climbing (45 min) Ninja L3-L4 (45 min) Open Gym (Flex Space) (45 min)	5:30 Parkour L2-L3 (45 min) Open Gym (Flex Space) (45 min) Ninja L1-L2 (45 min) Open Gym (Flex Space) (45 min)	5:30 Parkour L1-L2 (45 min) Open Gym (Flex Space) (45 min) Ninja L3-L4 (45 min) Climbing (45 min)	2:00 Parkour (45 min)	2:00 Parkour (45 min)
6:30 Team Practice (90 Min)	6:30 Team Prep (90min) Silks (45 min)	6:30 Team Practice (90 Min)	6:30 Team Prep (90min) Silks (45 min)	6:30 Team Course Runs (1 Hour) Silks (1 Hour)	3:00	3:00
7:30 Adult Class (45 min)	7:30 Silks 2 (45 min) Adult Class (45 min)		7:30 Silks 2 (45 min)	7:30	4:00 Birthday Party	4:00 Birthday Party
	8:00 Open Gym (1 Hour)		8:00 Open Gym (1 Hour)	8:00 Team Course Runs (1 Hour) Open Gym (1 Hour)	5:00	5:00
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

*Please bring **NINJA BELT** and **LACE UP SHOES**. Must have belt for ALL TESTINGS.

*Thank you for respecting our NO FOOD or DRINK policy. We appreciate your help in keeping our space clean!

*PICK UP OR DROP OFF CHILD(REN) NO MORE THAN 5 MINUTES BEFORE & AFTER CLASS TIME.

*Parents must stay to monitor their children for open gym