

\*\*\*New Schedule Starting 8/31/19\*\*\*



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

skyhookfitness.com | 503-352-9608 | infostaff@skyhookfitness.com

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

12008 SW GARDEN PLACE, TIGARD, OR, 97223

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10am-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 10am-9pm
12:00 PM	4:00 PM	6:30 AM	11:00 AM	11:00 AM	4:00 PM	10:00 AM
Ninja (6-13yr) L3-L4	Ninja (6-10) L1	Boxing Bootcamp	Little Ninja (3-5yr)	Little Ninja (3-5yr)	Ninja (6-10) L1	Little Ninja (3-5yr)
Gymnastics (Family) L1-L2	Ninja (Adult/Teen)	4:00 PM	12:00 PM	12:00 PM	Strength (6-13) L1-L5	11:00 AM
1:00 PM	Climbing (6-13) L1-L3					
Gymnastics (Family) L3-L4*	5:00 PM	Gymnastics (Family) L1-L2	Little Ninja (3-5yr)	Little Ninja (3-5yr)	5:00 PM	Ninja (6-13) L1
2:00 PM	Climbing (6-13) L3-L5	Ninja (Adult/Teen)	3:00 PM	3:00 PM	Ninja (6-13) L4-L5	Climbing (6-13) L1-L3
Strength (6-13) L1-L5	Parkour (6-10) L1	Parkour (6-10) L3-L4	Ninja (6-13) L1	Ninja (6-13) L2-L3	Climbing (6-13) L1-L3	12:00 PM
Little Ninja (3-5)	Gymnastics (Family) L1-L2	5:00 PM	4:00 PM	4:00 PM	6:00 PM	Parkour (Adult/Teen)
3:00 PM	5:30 PM	Ninja (6-10) L1	Ninja (6-10) L1	Climbing (6-13) L3-L5	Boxing Bootcamp	Ninja (6-13) L1
Ninja (6-13yr) L1-L2	Skyhook Team Practice 5:30pm-7:30pm	Ninja (6-13) L2-L3	Adult /Teen Ninja	Ninja (10-14) L2-L3	Ninja (Adult/Teen)	1:00 PM
Little Ninja (3-5)	6:00 PM	Climbing (6-13) L1-L3	Little Ninja (3-5yr)	Little Ninja (3-5yr)	7:00 PM	Ninja (6-10) L2-L3
4:00 PM	Boxing Bootcamp	6:00 PM	5:00 PM	5:00 PM	Aerial Silks (Family)	Ninja (10-14) L2-L3
Ninja (6-13) L3-L4*	Ninja (6-13) L3-L4*	Ninja (Family) L4-L5	Parkour (6-10) L1	Ninja (6-10) L1		2:00 PM
Little Ninja (3-5)	6:30 PM	Parkour (Adult/Teen)	Parkour (6-10) L1	Ninja (6-10) L1		Little Ninja (3-5yr)
5:00 PM	Skyhook Team Practice 6:30pm-8:30pm	Climbing (6-13) L3-L5	Gymnastics (Family) L1-L2	Climbing (Family) L1-L5		3:00 PM
Ninja (6-13) L1-L2	Ninja (Family)	7:00 PM	Ninja (Adult/Teen)	6:00 PM		Parkour (Family) L2-L3
Parkour (Family) L4-L5		Aerial Silks (Family)	5:30 PM	Strength (6-13) L1-L5		4:00 PM
6:30 PM		Blade of Light (Family)	Skyhook Team Practice 5:30pm-7:30pm	Parkour (Family) L2-L3*		Ninja (6-13) L1
Neuro Diverse Class (10-16)			6:00 PM	7:00 PM		5:00 PM
			Ninja (6-13) L2-L3*	Ninja (Adult/Teen)		Parkour (Family) L1
			6:30 PM			6:00 PM
			Skyhook Team Practice 5:30pm-8:30pm		Blade of Light (Family)	

Class Color Key
Little Ninjas (3-5)
Kids Ages (6-10)
Kids Ages (10-14)
Kids Ages (6-13)
(Family) 6+
(Teen/Adult)
Skyhook Team ONLY

## Announcements

### Belt Testing

September 14th

### Closures

Thanksgiving & Christmas Day

## Upcoming Events

### Skyhook Team Try-Outs

Sept 9th 5:30-8:30