



WEEKLY SCHEDULE



Classes	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Minis Open Gym (Ages starting to walk - 5)	2 hr	9:00-11:00AM		9:00-11:00AM		9:00-11:00AM	
Mini Ninjas (Ages 3 - 5)	1 hr	4:30 PM	4:30 PM	4:30 PM	4:30 PM	9 -10AM	
NinFit Youth (Levels 1-3)	1 hr	4:30 PM	4:30 PM	4:30 PM	4:30 PM		
NinFit Youth (Levels 4+)	1 hr			5:30 PM			
Tx3 Youth (Ages 5 - 12)	1 hr	5:30 PM	5:30 PM				
Aerial Silks Beginners Youth (Ages 7 - 12)	1 hr	5:30 PM	5:30 PM				
Open Gym (Youth/Teen)	1 - 2 hr	6:30 - 7:30PM	6:30 - 7:30PM			5:30 - 7:00PM	5:30 -7:30PM
Teens & Adults (Ages 13+)	1 hr			7:30 PM			
Push, Pull, & Flex Conditioning class (for committed students)	1 hr				6:30PM		
Performance Crew (By invitation only)	varies	6:30 PM - 8:00PM	6:30 PM - 8:00PM	5:30 - 7:30PM	5:30 - 7:30PM		
Friday Day Camps (Until the end of the school year)	3 hr					1-4pm	
Birthday parties & Special Events (By appt. Only Please email/call for availability)	Varies.						