

## TIMETABLE

EFFECTIVE OCTOBER 2019

### OPENING HOURS

Monday – Friday: 9:00am – 6:00pm

Saturday – Sunday: 9:00am – 5:00pm

\*Classes may operate outside these hours

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a m	Ninja Strong		Warrior Fit		Ninja Fit		
8:00 a m						Little Ninjas	
						Warrior Fit	
9:00 a m						Mini Ninjas	
9:30 a m		Mini Ninjas	Mini Ninjas	Ninja Fit			
		Warrior Fit					
4:00 p m	Parkour		Little Ninjas	Parkour	Mini Ninjas		
5:00 p m	Parkour	Little Ninjas		Parkour	Little Ninjas		
6:00 p m	Ninja Fit		Mini Ninjas	Ninja Fit			
6:30 p m		Ninja Strong					

**PLEASE NOTE:** This timetable is subject to change.



## NINJA CLASSES



### PARKOUR

**Our First Timers' Class** – Designed for beginners. It will introduce you to Parkour and teach you the basics you need to master to start your Parkour training. This includes core movements, safety and basic stretching and conditioning.



### NINJAFIT

**Fitness Session** – Fitness training with a difference. Combining fast paced cardio and functional exercises for maximum calorie burn, Ninja Fit is a high intensity, circuit based workout to improve your fitness, movement and speed. This class will get you Ninja Fit in no time!



### NINJASTRONG

**Strength Session** – A resistance based workout, Ninja Strong uses your own body weight in athletic strength, power and conditioning exercises to strengthen your body so you can become strongest Ninja you can be.



### WARRIORFIT

**Agility and Speed** – Become the ultimate Ninja Warrior! This strength, speed and obstacle based workout is designed to build your Ninja skills prepare you to dominate your next Ninja Race! Take on our toughest challenge and get Warrior Fit!



### MINININJAS

**Kids 3 to 6 Years of age** – Mini Ninjas is designed to help kids learn and develop both movement and coordination in an encouraging and most importantly, fun environment.



### LITTLENINJAS

**Kids 7 to 12 Years of age** – It is designed to help kids learn and develop new skills, while also getting them moving.

In each Little Ninja session our highly trained Ninja Masters focus on a specific element of the Ninja Parc obstacle course, teaching Little Ninjas techniques to help them bend, twist and navigate the obstacles more efficiently.