

Ninja Quest Class Schedule Starting September 13, 2021

PLEASE PRE-REGISTER ONLINE - Class Sizes will be restricted at this time

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM							BIRTHDAY & PRIVATE EVENTS ONLY
10:00 AM							
11:00 AM						10:30AM - 12PM MINI NINJA CLASS & GUIDED GYM	
12:00 PM						11 AM NQ Basics	
1:00 PM	NINJA/PARKOUR LVL 1 (Ages 6+)	NINJA/PARKOUR LVL 1 (Ages 6+)	NINJA/PARKOUR LVL 1 (Ages 6+)			12PM-2PM OPEN GYM (Ages 6+)	12P-2P MINI OPEN GYM Members only
2:00 PM	2-3PM OPEN GYM (Age 6+)	2-3PM OPEN GYM (Age 6+)	2-3PM OPEN GYM (Age 6+)				
3:00 PM							<p>CALL & BOOK YOUR BIRTHDAYS, PARTIES, TEAM BUILDING, & SPECIAL EVENTS (Ages 4 & up)</p> <p>NINJA WARRIOR PARKOUR ARCHERY ATTACK & MORE...</p> <p>7 DAYS A WEEK DAY/NIGHT</p>
4:00 PM		4PM-6PM OPEN GYM (Ages 6+)			4PM MINI NINJA (Age 4-8)		
5:00 PM	5PM NINJA LVL1 (Age 8-12)	4P-6P MINI OPEN GYM			5PM ADVANCED MINI NINJA (Age 4-8)		
5:30 PM					NQ VARSITY TEAM	4PM-8PM MINI OPEN GYM (Ages 4+) CHILDREN UNDER AGE 6 MUST HAVE A PARENT	
6:00 PM	6PM NINJA LVL 2 (Ages 8+)	6PM Super Tramp Intro (Ages 8+)	5:30PM PK 1 (Ages 6-15)	5:30-7:30PM NQ NINJA JV TEAM PRACTICE	*6PM PK 1 (Ages 6-15)	NQ VARSITY TEAM	
6:30 PM	6PM NINJA LVL 3 (Ages 8+)	*6:00PM PARKOUR FOR THE DEAF PK1 (Ages 6-15)	6:30PM TRICKING (Ages 8+)	*6PM PK 2, 3 & 4 (Ages 6-12)	NQ VARSITY TEAM	6PM-8PM COMP GROUP 11-12	
7:00 PM	*7PM ADULT BEGINNER NINJA 16+	7PM NINJA/COND ADULTS 16+	7PM Super Tramp Lvl 1 (Ages 8+)	PARKOUR SIDE 7-10PM OPEN GYM	7PM NINJA LVL1 (Ages 8-12)	NQ VARSITY TEAM	
7:30 PM		7PM PK TEAM PRACTICE				7PM-8PM COMP GROUPS 13+	
8:00 PM		**8PM NINJA LVL 2 & 3 (12+)	7:30PM PK 2, 3 & 4 (Ages 13+)	7:30-8:30 PM NINJA NIGHT Open to Public (Ages 6-12)			
8PM -10PM	NINJA SIDE NINJA NIGHT FUN COMP Open to Public/Open Gym Follows (8-10PM Teen/Adult)	PARKOUR Teen/Adult OPEN GYM (8-10pm)	NINJA SIDE Teen/Adult OPEN GYM (8-10PM)	PARKOUR Teen/Adult OPEN GYM (8:30-10pm)	NINJA SIDE Teen/Adult OPEN GYM (8-10PM)	PARKOUR Teen/Adult OPEN GYM (8-10pm)	

*NEW CLASSES START OCTOBER 1, 2021; ** NINJA CLASS CHANGE FROM THURS TO TUES STARTS IMMEDIATELY

THIS SCHEDULE IS SUBJECT TO CHANGE BASED ON DEMAND



678-384-6500

www.ninjaquestfitness.com