



2023-2024 School Year Programs



SEPTEMBER 5TH, 2023-MAY 25, 2024

FACILITY CLOSED: SEPT 4, NOV 23 & 24, DEC 23-26 & 30-31,
JAN 1, MARCH 26-APRIL 1, MAY 27

www.kineticyouthacademy.com
www.kineticninjawarrior.com

410-676-0021

2245 CONOWINGO RD #200
BEL AIR, MD 21015

Weekly Class & Event Schedule

MONDAY

10:00AM Ninja Open Train	2.5hr
11:30AM Family Open Gym	1hr
1:00PM Tiny Ninja Workout	1hr
2:00PM Ninja Open Train	2.5hr
4:30PM Family Open Gym	1hr
5:00PM Ninja Open Train	4hr
6:00PM Jr Tumbling	1hr
6:00PM Mini Ninja Workout	1hr
7:00PM Team KNW Practice	90m

TUESDAY

10:00AM Ninja Open Train	2.5hr
10:30AM Home School Fitness	1hr
11:30AM Family Open Gym	1hr
1:00PM Kids in Motion	45m
2:00PM Ninja Open Train	2.5hr
4:30PM Mini Tumbling	1hr
4:30PM Mini Ninja Workout	1hr
5:00PM Ninja Open Train	4hr
6:00PM Jr Tumbling	1hr
6:00PM Team KNW Practice	90m
7:00PM Flips	1hr
7:00PM Jr Ninja Workout	1hr
7:30PM Team KNW Practice	90m

WEDNESDAY

10:00AM Ninja Open Train	2.5hr
10:30AM Toddler Movement	45m
12:00PM Home School Fitness	1hr
2:00PM Ninja Open Train	2.5hr
4:30PM Tiny Ninja Workout	1hr
4:30PM Ninja Fit	1hr
5:00PM Ninja Open Train	4hr
6:00PM Flips	1hr
6:00PM Mini Ninja Workout	1hr
7:00PM Jr Ninja Workout	1hr

THURSDAY

6:00AM Ninja Fit	1hr
9:30AM Kids in Motion	45m
11:30AM Family Open Gym	1hr
2:00PM Home School Fitness	1hr
2:00PM Ninja Open Train	2.5hr
4:30PM Mini Ninja Workout	1hr
4:45PM Kids in Motion	45min
5:00PM Ninja Open Train	4hr
6:00PM Mini Tumbling	1hr
6:00PM Mini Ninja Workout	1hr
7:00PM Jr Ninja Workout	1hr
7:30PM Team KNW Practice	90m

FRIDAY

10:00AM Ninja Open Train	2.5hr
4:30PM Family Open Gym	1hr
5:30PM Ninja Open Train	2.5hr

SATURDAY

9:00AM Mini Tumbling	1hr
9:00AM Jr Tumbling	1hr
9:30AM Ninja Open Train	2.5hr
10:00AM Mini Ninja Workout	1hr
10:15AM Tiny Ninja Workout	1hr
11:00AM Jr Ninja Workout	1hr
11:15AM Kids in Motion	45m

SCAN ME



Private Training (All ages/abilities)
\$40/half hr, up to 3hrs Scheduled with coach
Ninja, Tumbling, Fitness

Birthday Parties are available by reservation on Saturdays and Sundays. Call or go online to book! We book up fast, so reserve your space today!!

Call 410-676-0021

Saturdays:

12:30pm to 2:30pm
3:00pm to 5:00pm
5:30pm to 7:30pm

Sundays:

10:00am to 12:00pm
12:30pm to 2:30pm
3:00pm to 5:00pm
5:30pm to 7:30pm

See back of page for membership options and specific class information!





MEMBERSHIP OPTIONS:

Public servants use Code 3%PubService at check out!



Tier 1:
\$99/Month
5 passes/Month

Tier 2:
\$159/Month
10 passes/Month

Tier 3:
\$209/Month
Unlimited passes/Month
Cannot be shared with family

Preschool Programs

Toddler Movement: 1 pass or \$27 drop in 45 minute basic movement class for toddlers. Taught in the youth gym **with a caregiver**, siblings are welcome up to age 4 yrs
(Discount Code: 10% TodMove)
Wed 10:30am - 11:15am

Kids in Motion: 1 pass or \$29 drop in 45 min INDEPENDENT movement class for 3-5 yrs. Taught in youth gym, basic safety rules/skills.
Tues 1-1:45pm, Thurs 9:30-10:15am & 4:45-5:30pm, Sat 11:15am-12pm

Tiny Ninja Workout: 1 pass or \$33 drop in 1 hour beginner ninja warrior class for ages 3-5 yrs. Basic safety rules, beginner climbing, and strength. 40 minutes in youth gym and 20 minutes in the main gym.
Mon 1-2pm, Wed 4:30-5:30pm, & Sat 10:15-11:15am

Home School Fitness

1 pass/Family or \$33/family drop in
1 Hour general fitness class for home school families, ages 3-14 yrs. Includes strength, flexibility, agility, and balance exercises using obstacle course training.
1 Pass/Drop in rate covers the entire family.
Tues 10:30-11:30am, Wed 12-1pm, Thurs 2-3pm

Tumbling Programs

Mini Tumbling: 1 pass or \$33 drop in 1 hour beginner tumbling class for ages 6-10 yrs. Students will learn forward and backward rolls, cartwheels, and handstands, working up to handsprings. **Tues 4:30-5:30pm, Thurs 6-7pm, Sat 9-10am** (mini + jr combo class)

Jr Tumbling: 1 pass or \$33 drop in 1 hour tumbling class for ages 10 yrs+. Students will learn tumbling skills up to front and backhandsprings. **Mon/Tues 6-7pm, and Sat 9-10am** (mini+jr combo class)

Flips: 1 pass or \$33 drop in 1 hour advanced tumbling class for all ages. Students will learn front flips, backflips, aerials, and twisting skills
Tues 7-8pm and Wed 6-7pm

Ninja Open Training

1 pass/person or \$33 drop in.
\$159/Month for Unlimited
10yrs+ Supervised but not structured workout in the main gym. Adults are welcome!
Athletes under 10 years need coach approval
Mon/Tues/Wed/Fri: 10am-12:30pm
Mon/Tues/Wed/Thurs: 2-4:30pm
Mon/Tues/Wed/Thurs: 5-9pm
Fri 5:30-8pm & Sat: 9:30am-12pm

Ninja Programs

Mini Ninja Workout: 1 pass or \$33 drop in 1 hour beginner ninja class for ages 6-10 yrs. The class covers basic strength, flexibility, coordination, agility, balance, and climbing, with an emphasis on safety rules.
Mon/Wed/Thurs 6-7pm, Tues/Thurs 4:30-5:30pm, & Sat 10-11am

Jr Ninja Workout: 1 pass or \$33 drop in 1 hour ninja class for ages 10 yrs+. The class covers grip strength, climbing, jumping, swinging, and building confidence on obstacles.
Tues/Wed/Thurs 7-8pm, & Sat 11am-12pm

Ninja Fit: 1 pass or \$33 drop in 1 hour ninja class for adults only. This class helps adults to workout and get fit through the use of ninja obstacles and body weight movements. Great for all adults at all levels!
Wed 4:30-5:30pm, Thurs 6-7am

Family Open Gym

1 pass/family or \$23 drop in (50% off First Time!)
\$99/Month for Unlimited
1 Hour open time for ALL AGES! GREAT way for the whole family to try our facility! Free play in a supervised setting with staff to assist as needed.
Mon/Fri: 4:30pm-5:30pm
Mon/Tues/Thurs: 11:30am-12:30pm