

SUPER NINJA WORLD CLASS SCHEDULE

MONDAY

TIME	HERO ZONE	TIME	WARRIOR ZONE
4:00-4:45 PM	SPECIAL NEEDS NINJAS Ages 4 to 12	4:00-4:45pm	SPECIAL NEEDS NINJAS Ages 4 to 12
5:00-6:00 PM	LITTLE NINJAS Ages 4-6 • Beginner	4:45 - 5:30pm	MINI NINJAS (Sidekick Zone) Ages 1-4 & Parent/Adult
6:00-7:00 PM	YOUTH Ages 7-9 • Beginner	5:30-6:30pm	OCR All Ages • All Levels
7:00-8:00 PM	JUNIOR Ages 10-13 • Beginner	6:30-7:30pm	YOUTH + JUNIOR Ages 7-13 • Intermediate/Advanced

WEDNESDAY

TIME	HERO ZONE	TIME	WARRIOR ZONE
10:00-11:00 AM	MINI NINJAS Ages 1-4 & Parent/Adult	10:00-11:00 AM	
2:00-4:00PM	TOT TIME OPEN GYM AGES 1-6	2:00-4:00PM	TOT TIME OPEN GYM AGES 1-6
4:00-5:00 PM	OPEN GYM	4:00-5:00 PM	OPEN GYM
5:00-6:00 PM	LITTLE NINJAS Ages 4-6 • Beginner	5:00-5:30PM	OPEN GYM
6:00-7:00 PM	LITTLE NINJAS Ages 4-6 • Beginner	5:30-6:30PM	YOUTH NINJAS Ages 7-9 • Beginner
7:00-8:00 PM	ADULT NINJA AND OCR 18+ • All Levels	7:00PM-8:00PM	ADULT NINJA AND OCR 18+ • All Levels

FRIDAY

TIME	HERO ZONE	TIME	WARRIOR ZONE
6:00-7:00PM	COMPETITION TEAM	6:00-7:00PM	COMPETITION TEAM
7:00-8:00PM	OPEN GYM Ages 18+ Only	7:00-8:00PM	OPEN GYM Ages 18+ ONLY
8:00-9:00PM	OPEN GYM Ages 18+ Only	8:00-9:00PM	OPEN GYM Ages 18+ ONLY

SUNDAY

TIME	HERO ZONE	TIME	WARRIOR ZONE
9:30-11:00AM	COMPETITION TEAM	9:30-11:00AM	COMPETITION TEAM
10:30AM-12PM	COMPETITION TEAM	10:30AM-12:00PM	COMPETITION TEAM
12PM-4PM	OPEN GYM All Ages • Subject to change based on private party bookings. Check our Open Gym Calendar before attending	12PM-4PM	OPEN GYM All Ages • Subject to change based on private party bookings. Check our Open Gym Calendar before attending
4:00-5:00PM	MINI NINJAS Ages 1-4 & Parent/Adult	4:00-5:00PM	MINI NINJAS Ages 1-4 & Parent/Adult

TUESDAY

TIME	HERO ZONE	TIME	WARRIOR ZONE
4:00-5:00 PM	OPEN GYM	4:00-5:30pm	OPEN GYM
5:00-6:00 PM	LITTLE NINJAS Ages 4-6 • Beginner	5:30-6:30pm	LITTLE + YOUTH Ages 5-9 Intermediate
6:00-7:00 PM	COMPETITION TEAM	6:30pm-7:30pm	YOUTH + JUNIOR Ages 7-13 • Intermediate
7:00-8:00 PM	COMPETITION TEAM	6:30-8:00pm	COMPETITION TEAM

THURSDAY

TIME	HERO ZONE	TIME	WARRIOR ZONE
11:00-12:00PM	HOMESCHOOL NINJAS AGES 4-9	11:00-12:00PM	HOMESCHOOL NINJAS AGES 4-9
12:00-2:00PM	HOMESCHOOL OPEN GYM All Ages	12:00-2:00PM	HOMESCHOOL OPEN GYM All Ages
4:00-5:00 PM	OPEN GYM	4:00-5:00 PM	OPEN GYM
5:00-6:00 PM	OPEN GYM	5:00pm-6:00pm	LITTLE + YOUTH + JUNIOR Ages 5-12 • Intermediate/Advanced
6:00-7:00 PM	TEEN NINJAS Ages 13-17 • Beginner/Intermediate	6:00-7:00PM	TEEN OPEN GYM AGES 13+
7:00-8:00 PM	TEEN OPEN GYM Ages 13+	7:00-8:00PM	JUNIOR + TEEN NINJAS Ages 10-17 • Advanced

SATURDAY

TIME	HERO ZONE	TIME	WARRIOR ZONE
9:00-10:00AM	MINI NINJAS Ages 1-4 & Parent/Adult	9:00-10:00AM	
10:00-11:00AM	COMPETITION TEAM	10:00-11:00AM	COMPETITION TEAM
11:00-12:00PM	COMPETITION TEAM	11:00-12:00PM	COMPETITION TEAM
12PM-6PM	OPEN GYM All Ages • Subject to change based on private party bookings. Check our Open Gym Calendar before attending	12PM-6PM	OPEN GYM All Ages • Subject to change based on private party bookings. Check our Open Gym Calendar before attending

ZONES ARE DEFINED BY OUR VARYING DIFFICULTY LEVELS OF EQUIPMENT. OPEN GYM ZONES AND CLASS ZONES ARE SUBJECT TO CHANGE BASED ON OUR TRAINING PROGRAM FOR CLASSES. CLASSES HAVE A DIFFERENT FOCUS EACH WEEK, AND EQUIPEMNT WILL BE PRIORITIZED FOR CLASSES. YOU WILL BE DIRECTED TO WHICH SECTION OF THE GYM YOUR CLASSES/OPEN GYM TIME WILL BE WHEN YOU ARRIVE.

OPEN GYM HOURS ARE SUBJECT TO CHANGE BASED ON PRIVATE PARTY BOOKINGS. PLEASE CHECK THE OPEN GYM CALENDAR ON OUR WEBSITE BEFORE ATTENDING.