

Why Camp Ninja Warrior?

Gain:
Strength. Courage. Coordination. Balance.
Core stability. Friends. Etc...

Does your child specialize in a single sport?

Cross training and core stability is important in any sport for injury prevention and to prevent overuse injuries.



Strength.Kindness.Courage
www.campninja-warrior.com

Camp Ninja Warrior

12810 S. Memorial Ste 107

Building # 12810
In the Far NW corner of Cross
Creek Complex

www.campninja-warrior.com

Email: bixbyninja@gmail.com

Follow us on Facebook and
Instagram

Camp Ninja Warrior

Strength.Kindness.Courage

Ninja Warrior Classes.
Private Sessions.
Homeschool Gatherings.
Gym Rentals.
Parties.

Email: bixbyninja@gmail.com

Technique Class

- Dynamic Warm-up
- Technique instruction on multiple obstacles, Obstacle course circuits
- Game or race if time available

Class Options:

Tiny Ninja: 3-4 yr olds

- 35 minutes
- \$55/month
- Class size: 6

Lil Ninja: 4-7 yr olds

- 55 minutes
- \$75/month
- Class size: 8

Tween/Teen Ninja: 8-17 yr olds

- 55 minutes
- \$75/month
- Class size: 8

Homeschool Gathering

- 25-30 minutes: Dynamic Warm-up, Technique instruction on multiple obstacles, Obstacle course circuits
- 25-30 minutes: free gym time

Class Options:

Open Gathering: 4-17 yr olds

- 55 minutes
- \$50/month
- Class size: 8

Teen/Tween Gathering: 8-17 yr olds

- 55min
- \$50/month
- Class size 8

WEEKLY SCHEDULE

Invoices are set up on recurring basis. Please email bixbyninja@gmail.com for details as classes and private sessions to check availability.

Regular Schedule:

Monday:

- 1:00 - 60min Private Session
- 2:10 - 35min Private Session
- 3:00 - Homeschool Gathering 8+yo
- 4:10 - Lil Ninja Class
- 5:20 - Lil Ninja Class
- 6:30 - Teen/Tween Ninja Class
- 7:40 - 60min Private Adult Session

Tuesday:

- 2:15 - Tiny Ninja Class
- 3:00 - Homeschool Gathering 4+yo
- 4:10 - Lil Ninja Class
- 5:20 - Teen/Tween Ninja Class
- 6:30 - Elite Ninja Class

Wednesday:

- 1:30 -Homeschool Gathering 4+yo
- 2:40 - 35min Private Session
- 3:30 - 35min Private Session
- 4:30 - Tiny Ninja Class
- 5:15 - 60min Private Session
- 6:25 - 60min Private Session

Thursday:

- Closed

Friday:

- 3:15 - 35min Private Session or 2:50 - 60min Private session
- 4:00 - Lil Ninja Class
- 5:10 - 35min Private Session
- 6:10 - Private Gym Rental/Party

Saturday:

- Private Gym Rentals/Parties available all day. See website for details.

Private Sessions

- Dynamic Warm-up
- Technique instruction on multiple obstacles, Obstacle course circuits
- Game or race if time available

Class Options:

Individual Sessions:

- 35 minutes
- \$85/month

Family Sessions:

- 35 minutes
 - <=5 participants
 - \$120/month
- 60 minutes
 - <=5 participants
 - \$200/month



