



2024 Summer Programs

June 3rd to August 30th, 2024

FACILITY CLOSED: JULY 4TH-5TH



Weekly Class Schedule

MONDAY

12-1pm	Tiny Ninja Workout
2-4:30pm	Ninja Open Training
4:30-5:30pm	Family Open Gym
5-8:30pm	Ninja Open Training
5:45-6:45pm	Jr Tumbling
5:45-6:45pm	Mini Ninja Workout
7-8:30pm	Team KNW Practice

TUESDAY

12-12:45pm	Kids in Motion
2-4:30pm	Ninja Open Training
4:30-5:30pm	Mini Tumbling
4:30-5:30pm	Mini Ninja Workout
5-9pm	Ninja Open Training
5:45-6:45pm	Jr Tumbling
5:45-7:15pm	Team KNW Practice
7-8pm	Flips
7-8pm	Jr Ninja Workout
7:30-9pm	Team KNW Practice

WEDNESDAY

10:30-11:15am	Toddler Movement
2-4:30pm	Ninja Open Training
4:30-5:30pm	Tiny Ninja Workout
4:30-5:30pm	Ninja Fit
5-8pm	Ninja Open Training
5:45-6:45pm	Flips
5:45-6:45pm	Mini Ninja Workout
7-8pm	Jr Ninja Workout

THURSDAY

6-7am	Ninja Fit
2-4:30pm	Ninja Open Training
4:30-5:30pm	Mini Ninja Workout
4:45-5:30pm	Kids in Motion
5-9pm	Ninja Open Training
5:45-6:45pm	Mini Tumbling
5:45-6:45pm	Mini Ninja Workout
7-8pm	Jr Ninja Workout
7:30-9pm	Team KNW Practice

FRIDAY

4:30-5:30pm	Family Open Gym
5:30-8pm	Ninja Open Training
6-7pm	Family Open Gym

410-676-0021

2245 CONOWINGO RD #200
BEL AIR MD, 21014

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

Book at the front desk, over the phone, or online

Saturdays & Sundays:

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

We also offer camps throughout the week! Visit our website or see our Summer Camp flyer for more info.

See back of page for more information!

Private Training (All ages/abilities)
\$40/half hr, up to 3hrs scheduled w/coach

Memberships:

(Monthly auto charge required)

Tier 1:

\$99/Month

5 passes/Month

Tier 2:

\$159/Month

10 passes/Month

Tier 3:

\$209/Month

Unlimited passes

OR

Summer Pass Packs:

(Expire August 30th)

4 Passes for \$105

12 Passes for \$239

Drop-ins welcome
with reservation!

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
Wed 10:30am - 11:15am

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

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 12-1pm, Wed 4:30-5:30pm

Summer Camps

We also offer camps throughout the week! Visit our website or see our Summer Camp flyer for more info. Please note that Tier membership passes CANNOT be used for camps.

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 and round off handsprings.
Tues 4:30-5:30pm, Thurs 5:45-6:45pm

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 5:45-6:45pm**

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 5:45-6:45pm

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: 2-4:30pm & 5-8:30pm,
Tues/Thurs: 2-4:30pm & 5-9pm,
Wed 2-4:30pm & 5-8pm, Fri 5:30-8pm

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 5:45-6:45pm
Tues/Thurs 4:30-5:30pm

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

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, Fri 6-7pm

CALL 410-676-0021

2245 CONOWINGO RD #200, BEL AIR MD

www.kineticninjawarrior.com