



2025 Summer Programs

June 2nd to August 29th, 2025

FACILITY CLOSED: JULY 4-6, 2025

SCAN ME



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
6-7:30pm	NEW Jr Team KNW
7-8:30pm	Jr Team KNW Practice

TUESDAY

12-12:45pm	Micro Ninja Workout
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	Jr Team KNW Practice
7-8pm	Flips
7-8pm	Jr Ninja Workout
7:30-9pm	Sr Team KNW Practice

WEDNESDAY

10:30-11:15am	Toddler Ninja
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	Micro Ninja Workout
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	Sr 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

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)
\$42/half hr, \$84/hr Scheduled w/coach

Memberships:

(2 Month MINIMUM, auto charge required)

OR

Summer Pass Packs:

(Expire August 29th)

Tier 1:

\$102/Month

5 passes/Month

Tier 2:

\$164/Month

10 passes/Month

Tier 3:

\$216/Month

Unlimited passes

Drop-ins welcome
with reservation!

4 Passes for \$109

12 Passes for \$246

Preschool Programs

Toddler Ninja: 1 pass or \$28 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

Micro Ninja Workout: 1 pass or \$30 drop in
45min BEGINNER INDEPENDENT movement
class for **inexperienced 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 \$34 drop in
1 hour ninja warrior class for ages 3-5 yrs with
light experience. *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 \$34 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 \$34 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 \$34 drop in
1 hour **ADVANCED** tumbling class for all
ages. Prerequisites: *front and backhandspring.*
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 \$34 drop in.
\$164/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 \$34 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 \$34 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 \$34 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 \$24 drop in (50% off First Time!)
\$102/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

www.kineticninja-warrior.com

CALL 410-676-0021

2245 CONOWINGO RD #200, BEL AIR MD