



2026 Summer Programs

June 1st to August 28th, 2026

Weekly Class Schedule



MONDAY

| | |
|-------------|---------------------|
| 2-4:30pm | Ninja Open Training |
| 4:30-5:30pm | Family Open Gym |
| 5-8:30pm | Ninja Open Training |
| 5:45-6:45pm | Mini Ninja Workout |
| 6-7:30pm | Jr. Team Practice |
| 7-8:30pm | Jr. Team Practice |

TUESDAY

| | |
|-------------|---------------------|
| 12-1pm | Tiny Ninja Workout |
| 2-4:30pm | Ninja Open Training |
| 4:30-5:30pm | Tiny Ninja Workout |
| 4:30-5:30pm | Mini Ninja Workout |
| 5-9pm | Ninja Open Training |
| 5:45-6:45pm | Mini Tumbling |
| 5:45-7:15pm | Jr. Team Practice |
| 7-8pm | Jr Tumbling/Flips |
| 7-8pm | Jr Ninja Workout |
| 7:30-9pm | Sr. Team 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 |
| 4:30-5:30pm | Tiny 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 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**

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 28th)

Tier 1:

\$105/Month

5 passes/Month

Tier 2:

\$169/Month

10 passes/Month

Tier 3:

\$225/Month

Unlimited passes

Drop-ins welcome
with reservation!

4 Passes for \$113

12 Passes for \$254

Preschool Programs

Toddler Ninja: 1 pass or \$29 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

Tiny Ninja Workout: 1 pass or \$35 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.
Tues 12-1pm, Tues/Wed/Thurs 4:30-5:30pm

Summer Camps

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

Ninja Open Training

1 pass or \$35 drop in, \$169/Month Unlimited 10yrs+ Supervised but not structured workout in the main gym. Adults are welcome!
Athletes under 10 years need coach approval
**Mon to Thurs: 2-4:30pm, Mon: 5-8:30pm,
Tues/Thurs 5-9pm, Wed/Fri 5:30-8pm**

Ninja Programs

Mini Ninja Workout: 1 pass or \$35 drop in 1 hour beginner ninja class for ages 5-8 yrs. The class covers basic strength, flexibility, coordination, agility, balance, and climbing, with an emphasis on safety rules. **Tues/Thurs 4:30-5:30pm, Mon/Wed/Thurs 5:45-6:45pm**

Jr Ninja Workout: 1 pass or \$35 drop in 1 hour ninja class for ages 8 yrs+. The class covers grip strength, climbing, jumping, swinging, and building confidence on obstacles. **Tues/Wed/Thurs 7-8pm**

Ninja Fit: 1 pass or \$35 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

www.kineticninja-warrior.com

CALL 410-676-0021

2245 CONOWINGO RD #200, BEL AIR MD

Tumbling Programs

Mini Tumbling: 1 pass or \$35 drop in 1 hour beginner tumbling class for ages 5-8 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 \$35 drop in 1 hour tumbling class for ages 9 yrs+. Students will learn/reinforce basic tumbling skills, along with learning advanced skills up to front and back handsprings.
Tues 7-8pm

Flips: 1 pass or \$35 drop in 1 hour **ADVANCED** tumbling class for all ages. Prerequisites: front and backhandspring. Students will learn front flips, backflips, aerials, & twisting skills
Tues 7-8pm, Wed 5:45-6:45pm

Family Open Gym

1 pass/family or \$25 drop in (50% off 1st Time!)
\$105/Month Unlimited
1 Hour open time for ALL AGES! GREAT way for the whole family to try our facility! Free play in a supervised setting w/staff to assist as needed.
Mon/Fri: 4:30pm-5:30pm, Fri 6-7pm