



2026-2027 School Year Programs

TUES, SEPT 8 - SAT, MAY 22, 2027

Facility **CLOSED**: Nov 26-27, Dec 24-26, Dec 31, Jan 1, March 26-29, May 31

MONTHLY MEMBERSHIPS

- Monthly auto-charge required (2 month min)
- Can be shared between family members

TIER 1	TIER 2	TIER 3
\$105	\$169	\$225
5 passes/mo.	10 passes/mo.	Unlimited passes/mo.

PASS PACKS

- Passes expire 3 months from purchase
- Can be shared between family members

4 Passes	12 Passes
\$113	\$254

DROP INS WELCOME

- Reservation required
- No commitment

MOST PROGRAMS:
\$35 or 1 pass
Exceptions noted below

FAMILY & OPEN TRAINING *all ages*

Family Open Gym

All Ages

Great for the whole family to use the facility! Free play in a supervised setting with staff to assist as needed.

Mon/Tue/Thu 11:30-12:30pm
Mon/Fri 4:30-5:30pm
Fri 6-7pm, Sat 11-12pm

1 Pass / \$25 Drop in
(covers entire family)

Ninja Open Training

Ages 10+

Supervised workout in main gym. Adults welcome!
Athletes under 10yrs needs coach approval.

Mon-Fri 10-12:30pm Tue/Thu 5-9pm
Mon-Thu 2-4:30pm Wed/Fri 5-8pm
Mon 5-8:30pm Sat 9:30-12pm

Home School Fitness

3-14 yrs

1 Hour general fitness class for home school families, ages 3-14yrs.

Tue 10:30-11:30am
Wed 12-1pm
Thurs 2-3pm

1 Pass / \$35 Drop in
(covers entire family)

TINY CLASSES *5 and under*

Toddler Ninja

Walking-4yrs

45-min basic movement class in the youth gym, taken with a parent/caregiver. Siblings up to age 4 welcome.

Wed 10:30-11:15am
Wed 4:30-5:15pm

1 pass / \$29 drop-in

Tiny Ninja Workout

3-5 yrs

Independent movement class. Basic safety rules & skills in both the youth and main gym

Mon/Tue 1-2pm Thu 9:30-10:30am
Tue/Thu 4:30-5:30pm Sat 10-11am

Tiny Ninja Pre Team

4-5 yrs

Advanced movement class for experienced students ready for greater challenges. Taught entirely in the main gym. **Invitation ONLY.**

Wed 4:30-5:30pm

MINI CLASSES *ages 5-8*

Mini Ninja

5-8 yrs

Beginner ninja class that covers basic strength, flexibility, coordination, and balance, with an emphasis on safety.

Mon/Thu 5:45-6:45pm Sat 10-11am
Tue/Thu 4:30-5:30pm

Mini Tumbling

5-8 yrs

Beginner tumbling class that covers front/back rolls, cartwheels, & handstands, working up to handsprings.

Tue/Thu 5:45-6:45pm
Sat 9-10am

Mini Ninja Pre Team

5-8 yrs

Advanced ninja class for experienced students working towards the competitive team. **Invitation ONLY.**

Wed 5:45-6:45p

JUNIOR CLASSES *ages 9-15*

Junior Ninja

9-16 yrs

Beginner ninja class that covers grip strength, climbing, jumping, swinging, and building confidence.

Tue/Thu 7-8pm
Sat 9-10am

Junior Tumbling

9-16 yrs

Tumbling class where students learn skills up to front/back handsprings. Great for beginners and experienced athletes.

Tue 7-8pm
Sat 9-10am

Junior Ninja Pre Team

9-16 yrs

Advanced ninja class for experienced students working towards the competitive team. **Invitation ONLY.**

Wed 7-8p

ADVANCED *ages 6+ w/permission*

Team KNW

6+ yrs, with permission

Practice for the team KNW competitive ninja team, focusing on strength training and course preparation. **Membership by tryout or invite only.**

Mon 6-7:30pm, 7-8:30pm (Jr) Tue 7:30-9pm (Sr)
Tue 5:45-7:15pm (Jr) Thu 7:30-9pm (Sr)

Flips

All Ages, with prerequisites

Advanced tumbling class for all ages. Students will learn front flips, backflips, aerials, and twisting skills. *Prerequisites: front and backhandspring.*

Tue 7-8pm Wed 5:45-6:45pm

Ninja Fit

Ages 16+

Adult only class that teaches how to workout and get fit through the use of ninja obstacles. **Great for all adults at all levels, including beginners!**

Mon 7:30-8:30pm Thu 6-7am

ADULTS *ages 16+*

410-676-0021
www.kineticninja-warrior.com

2245 Conowingo Rd. #200
Bel Air MD, 21015



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Open Gyms

Classes

Parties

Competitions

Camps

Private Training

SCAN ME



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Open Gyms

- Family Open Gym for EVERYONE
- Ninja Open Training (Ages 10 yrs+ or Coach Permission)

Classes

- Ninja Warrior Fitness (Ages Walking-100 yrs)
- Tumbling (Ages 5 yrs+)
- Home School Fitness (Ages 3 yrs+)

Birthday Parties

- Ninja Warrior Birthday Parties
- Saturdays and Sundays

Team KNW

- NEW! Pre-Team Advanced Ninja classes
- Competitive Ninja Warrior Team
- Ninja Warrior Competitions

Special Events

Holiday Celebrations, Graduations, Corporate & Athletic Team Building events - just ask us!

Private Training

- All ages and abilities
- \$42/half hr, \$84/hr
- Scheduled w/coach, by appointment ONLY

SCAN ME



KNW policies...

- Please check in at our front desk. Reservations **REQUIRED!**
- **PLAY AT YOUR OWN RISK! EVERYONE** entering our gymnasiums must have a completed waiver **PRIOR** to entering the gymnasiums.
- **EVERYONE** is treated with respect.
- **SAFETY FIRST!** Ask our staff for help **BEFORE** you try new skills.
- Be **OBSERVANT** in the gymnasiums.
- **ONE** at a time on all obstacles and flow with traffic.
- **ALL** obstacles are climb up and climb down.
- Plan your obstacle strategy for your own safety.
- Warnings to correct behavior problems will be given. Failure to make corrections will result in removal from the gymnasiums.

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