



2024-2025 School Year Programs

Tues, Sept 3 - Sat, May 24, 2025

FACILITY CLOSED: NOV 28 & 29, 2024; DEC 23-26 & 31, 2024; JAN 1, 2025; APRIL 19-21, 2025; MAY 26, 2025

410-676-0021

2245 CONOWINGO RD #200

BEL AIR MD, 21014

Weekly Class Schedule

MONDAY

10am-12:30pm	Ninja Open Training
11:30am-12:30pm	Family Open Gym
1-2pm	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

10am-12:30pm	Ninja Open Training
10:30-11:30am	Home School Fitness
11:30am-12:30pm	Family Open Gym
1-1:45pm	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

10am-12:30pm	Ninja Open Training
10:30-11:15am	Toddler Movement
12-1pm	Home School Fitness
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

SCAN ME



THURSDAY

6-7am	Ninja Fit
9:30-10:30am	Tiny Ninja Workout
11:30am-12:30pm	Family Open Gym
2-3pm	Home School Fitness
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

10am-12:30pm	Ninja Open Training
4:30-5:30pm	Family Open Gym
5:30-8pm	Ninja Open Training
6-7pm	Family Open Gym

SATURDAY

9-10am	Mini/Jr Tumbling
9-10am	Jr Ninja Workout
9:30am-12pm	Ninja Open Training
10-11am	Mini Ninja Workout
10-11am	Tiny Ninja Workout
11-12pm	Family Open Gym

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:

12:30pm to 2:30pm

3:00pm to 5:00pm

5:30pm to 7:30pm

We offer FAMILY programs! Home School Fitness and Family Open Gym are priced by FAMILY

See back for more info!

Private Training (All ages/abilities)
\$42/half hr, \$84/hr Scheduled w/coach

Memberships:

(Monthly auto charge required)

Tier 1:

\$102/Month

5 passes/Month

Tier 2:

\$164/Month

10 passes/Month

Tier 3:

\$216/Month

Unlimited passes

OR

Drop-ins welcome
with reservation!

Seasonal Pass Packs:

(Expires after 3 months)

4 Passes for \$109

12 Passes for \$246

Preschool Programs

Toddler Movement: 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

Kids in Motion: 1 pass or \$30 drop in 45min INDEPENDENT movement class for 3-5 yrs.

Taught in youth gym, basic safety rules/skills.

Tues 1-1:45pm, Thurs 4:45-5:30pm

Tiny Ninja Workout: 1 pass or \$34 drop in 1 hour beginner ninja warrior class for ages 3-5 yrs. Basic safety rules, beginner climbing, and strength. 40mins in youth gym and 20mins in the main gym.

Mon 1-2pm, Wed 4:30-5:30pm, Thurs 9:30-10:30am, Sat 10-11am

Home School Fitness

1 pass/Family or \$34/Family drop in 1 Hour general fitness class for home school families, ages 3-14yrs. Includes strength, flexibility, agility, and balance exercises using obstacle course training. 1 Pass/Drop in covers the **entire family.**

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

CALL 410-676-0021

2245 CONOWINGO RD #200, BEL AIR MD

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 round off handsprings.

**Tues 4:30-5:30pm
Thurs 5:45-6:45pm, Sat 9-10am**

Jr Tumbling: 1 pass or \$34 drop in 1 hour tumbling class for ages 10 yrs+.

Students learn skills up to front/back handsprings.

Mon/Tues 5:45-6:45pm, Sat 9-10am

Flips: 1 pass or \$34 drop in 1 hour **ADVANCED** tumbling class for all ages.

*Students will learn front flips, backflips, aerials, and twisting skills. **NOT FOR BEGINNERS!***

Tues 7-8pm and Wed 5:45-6:45pm

Ninja Open Training

6 days
a week!

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.

See front for specific times. Please note that this program is not for athletes under 10yrs.

www.kineticninja-warrior.com

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, Sat 10-11am**

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, Sat 9-10am

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

NOW on
Sat too!

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.

See front for specific times.