

XTREME 2 NINJA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am						LIL' NINJAS (Ages 4 to 7) JR NINJAS (Ages 8-12)	
10.00am	LIL' ADVENTURERS (Ages 3 to 5)		LIL' ADVENTURERS (Ages 3 to 5)				
11.00am – 2pm							
4.00pm		LIL' NINJAS (Ages 4 to 7) JR NINJA'S (Ages 8-12)	CASUAL COME N' TRY (OVER 120CM)	LIL' NINJAS (Ages 4 to 7) JR NINJA'S (Ages 8-12)	MONTHLY RACE EVENT		
5.00pm		JR NINJAS (Ages 8 to 12)	COACH ON DUTY	JR NINJAS (Ages 8 to 12)	LIL' NINJA'S & JR NINJA'S		
6.00pm					MONTHLY RACE EVENT	MONTHLY TEAM RACE EVENT	
7.00pm					TEEN NINJA'S & ADULT NINJA'S		

10 Week Programs

Improve strength, fitness, agility and balance in a 10 week program facilitated by an experienced instructor. Casual “Come and Try” classes available, see website for details. Programs include:

- 1 x 50 minute class per week PLUS
- Access to our 2 hour “Casual Come N’ Try” sessions on Wednesdays to help enhance your training at VIP rates, PLUS
- Access to our Individual & Team Race Events (see website for latest pricing)

	AGE	TIME	PROGRAM DATES	CASUAL CLASSES AVAILABLE	VIP FREE STYLE RATES	RACE EVENT ACCESS
Jr Ninja’s	8-12	> Tue 4 & 5pm > Thu 5pm > Sat 9am	29 th Jan- 2 nd Apr 31 st Jan – 4 th Apr 2 nd Feb- 6 th Apr	See Website	✓	✓
Lil’ Ninja’s	4-7	> Tue 4pm > Thu 4pm > Sat 9am	29 th Jan- 2 nd Apr 31 st Jan – 4 th Apr 2 nd Feb- 6 th Apr	See Website	✓	✓

LIL’ ADVENTURERS (AGES 3 - 5 YEARS) - CASUAL CLASSES (MON & WED 10AM)

A class for kids aged **3-5 years** where parents are encouraged to participate in active play to improve strength, fitness, agility and balance through fun games and obstacles courses facilitated by an experienced instructor.

CASUAL WEDNESDAY SESSIONS

Practice what you learn in your program sessions. Train individual obstacles or the whole course. There will be coach on duty to answer your questions and help you along. Program participants get a VIP discount Casual Sessions.

RACE EVENTS (MONTHLY) – GET ON THE LEADERBOARD

Put your skills to the test and become an Xtreme Ninja competitor, maybe even the champion. Get an official time recording on the leaderboard, challenge yourself to improve and see where you rank against others. Both individual and team race nights available. Our first race events will launch Friday the 28th September.