

THE GRIT NINJA NORWALK - WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 am						PRESCHOOL NINJA (4-5 YOs).	OPEN GYM (Ages 5+).
						INSTRUCTIONAL NINJA (Beginner/ Advanced Beginner/ Intermediate).	
3:00 pm		INCLUSIVE NINJA (All ages).		MINI NINJA (2.5-4 YOs).			
3:30 pm						OPEN GYM (Ages 5+).	
4:00 pm	PRESCHOOL NINJA (4-5 YOs).			PRESCHOOL NINJA (4-5 YOs).			
	RECREATIONAL NINJA (Kindergarten-5th grade).	RECREATIONAL NINJA (Kindergarten-5th grade).		RECREATIONAL NINJA (Kindergarten-5th grade).	OPEN GYM* (Ages 5+). *90 minutes		
	INSTRUCTIONAL NINJA (Beginner/ Advanced Beginner).	INSTRUCTIONAL NINJA (Beginner/ Advanced Beginner).	INSTRUCTIONAL NINJA (Beginner/ Advanced Beginner).	INSTRUCTIONAL NINJA (Beginner/ Advanced Beginner).			
5:00 pm	RECREATIONAL NINJA (Kindergarten-5th grade).	RECREATIONAL NINJA (Kindergarten-5th grade).	RECREATIONAL NINJA (Kindergarten-5th grade).	RECREATIONAL NINJA (Kindergarten-5th grade).			
	INSTRUCTIONAL NINJA (Advanced Beginner/ Intermediate).	PARKOUR (Beginner).	INSTRUCTIONAL NINJA (Advanced Beginner/ Intermediate).	PARKOUR (Intermediate).		General Pricing: • Classes: pricing varies based on type/length of class • Open Gym: \$30/session • Open Gym Membership: \$58/month • Friday Night Fun: pricing varies from \$45-\$50/session	
6:00 pm		INSTRUCTIONAL NINJA (Intermediate/ Advanced Intermediate).		TEAM TRAINING (Advanced Beginner/ Intermediate/ Advanced Intermediate).			
6:30 pm	TEAM TRAINING (Advanced Intermediate/ Advanced/ Elite).				FRIDAY NIGHT FUN		
7:30 pm				Adult/Advanced Open Gym			