

THE GRIT NINJA PARAMUS - WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am						<u>RECREATIONAL NINJA</u> (Preschool-2nd grade).	<u>MINI NINJA</u> (2.5-4 YOs).
10:00 am						<u>INSTRUCTIONAL NINJA</u> (Beginner/ Advanced Beginner/ Intermediate).	<u>OPEN GYM</u> (Ages 5+).
3:45pm	<u>RECREATIONAL NINJA</u> (Kindergarten-2nd grade).	<u>RECREATIONAL NINJA</u> (Kindergarten-2nd grade).	<u>RECREATIONAL NINJA</u> (Kindergarten-2nd grade).	<u>RECREATIONAL NINJA</u> (Kindergarten-2nd grade).			
4:00pm	<u>INSTRUCTIONAL NINJA</u> (Beginner/ Advanced Beginner).	<u>INSTRUCTIONAL NINJA</u> (Beginner/ Advanced Beginner).	<u>INSTRUCTIONAL NINJA</u> (Beginner/ Advanced Beginner).	<u>INSTRUCTIONAL NINJA</u> (Beginner/ Advanced Beginner).	<u>PARKOUR</u> (Beginner/ Advanced Beginner).		
5:15pm	<u>INSTRUCTIONAL NINJA</u> (Advanced Beginner/ Intermediate).	<u>TEAM TRAINING</u> (Intermediate/ Advanced Intermediate).	<u>INSTRUCTIONAL NINJA</u> (Advanced Beginner/ Intermediate).		<u>OPEN GYM</u> (Ages 5+).		
6:00pm				<u>ADVANCED/ ADULT</u> <u>OPEN GYM</u>			
6:30pm			<u>PRETEEN/TEEN NINJA</u> (Ages 11-16).		<u>FRIDAY</u> <u>NIGHT FUN</u>		