



Ninja

September 2, 2025 to June 20, 2026

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CLASS	AGE	CLASS LENGTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mini Flying Stars	3 - 4 yr	60 min		4:00			6:10	9:00
Flying Stars	5 - 6 yr	60 min	5:05		5:05	4:00		11:30
Intro to Ninja	7 - 11 yr	60 min	4:00	5:05	4:00, 6:10	5:05		10:15
*Ninja Level 1 *Recommendation ONLY	7 - 11yr	60 min	6:10		7:15	6:10		
*Ninja Level 2 *Recommendation ONLY	7yr & up	90 min	6:10			7:15		
Teen Ninja	12 -17yr	60 min		7:15				
Open Ninja Workout \$28	5yr & up	60 min						12:45

*Recommendation Only

Updated 8/8/25

69 Route 17, Hasbrouck Heights, NJ 07604