



info@meadowlandsgymnastics.com

Ninja

September 5, 2023 to June 22, 2024

973-246-8353
www.meadowlandsgym.com

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

*Recommendation Only

Updated 8/17/24

69 Route 17, Hasbrouck Heights, NJ 07064