



info@meadowlandsgymnastics.com

Ninja

September 2, 2024 to June 21, 2025

973-246-8353
www.meadowlandsgym.com

CLASS	AGE	CLASS LENGTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mini Flying Stars	4 yrs	60 min		4:00		10:30		9:00
Flying Stars	5-6 yrs	60 min	4:00	6:30		4:00	5:15	
Intro to Ninja	7-11 yrs	60 min	4:00, 5:15			6:30, 7:40	4:00, 6:30	10:15
*Ninja Level 1	7-11yrs	60 min	6:30	5:15		5:15		
*Ninja Level 2	7 & up	90 min	6:30			5:15		
Teen Ninja	12 -17	60 min		7:45				
Open Workout \$28 *Unlimited Free Open Sessions for enrolled Ninjas!	All ages	60 min			4:00, 5:15 6:30			11:30, 12:45

*Recommendation Only

Updated 8/6/24

69 Route 17, Hasbrouck Heights, NJ 07064

***NINJA ENROLLMENT COMES WITH FREE UNLIMITED OPEN WORKOUT SESSIONS!
MUST PRE REGISTER, SPACE IS LIMITED!**