

# CLASS SCHEDULE

ELEVODYNAMICS.COM

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## CLASS AGE GROUPS

**Ninja Dragons:** Ages 4-7

**Ninja Warriors:** Ages 7-13

**Ninja Protectors:** Ages 13+

**FCS Kali:** Ages 18+

**Silat:** Ages 18+

**Cardio Kickboxing:** 14+

## MONDAY

- No Classes

## TUESDAY

- 4:35pm-5:20pm: Ninja Warriors (beginners: white & yellow belts)
- 5:25pm-6:10pm: Black Belt class
- 6:25pm-7:20pm: Tomoi Kickboxing
- 7:10pm-8:30pm: FCS Kali & Silat

## WEDNESDAY

- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:20pm: Ninja Warriors - (Blue belt & above only)
- 5:25pm-6:10pm: Mon Jin Youth **(1st & 3rd weeks)**
- 6:25pm-7:20pm: Cardio Kickboxing
- 7:25pm-8:15pm: Ninja Protectors (all levels)

## THURSDAY

- No Classes

## FRIDAY

- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:20pm: Ninja Warriors (all Levels)
- 5:25pm-6:10pm: Ninja Protectors (all Levels & Black Belts)
- 6:25pm-7:20pm: Tomoi Kickboxing
- 7:25pm-8:25pm: FCS Kali & Silat

## SATURDAY

- 11am-11:30am: Ninja Dragons
- 11:35pm-12:20pm: Ninja Warriors (all levels)
- 12:30pm-1:15pm: Ninja Protectors (all Levels & Black Belts)
- 1:25pm-2:10pm: Family Class
- 2:15pm-3:00pm: Mon Jin Adult **(1st & 3rd weeks)**

## Ninjutsu Weekly Training Focuses

- 1<sup>st</sup> week of the month is technique intro & **stripe re-eval week**
- 2<sup>nd</sup> week of the month is a **regular training week** (bring your gear)
- 3<sup>rd</sup> week of the month is **stripe week** (bring your gear)
- 4<sup>th</sup> week of the month is **weapons week** (bring your weapons)
- 5<sup>th</sup> week of a month is Plan Cloths week & bring a buddy week