

CLASS Age Groups

CLASS SCHEDULE

ELEVODYNAMICS.COM

For more info please visit our website

Ninja Dragons: Ages 4-7

Ninja Warriors: Ages 7-13

Ninja Protectors: Ages 13+

FCS Kali: Ages 18+

Silat: Ages 18+

Tomoi Kickboxing: 14+

MONDAY

- **4:35pm-5:20pm:** Ninja Warriors
(Blue belt & above only)
- **5:25pm-6:10pm:** Open Mat
- **6:25pm-7:20pm:** Tomoi Kickboxing
- **7:25pm-8:15pm:** Ninja Protectors (all levels)

TUESDAY

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

WEDNESDAY

- **4:35pm-5:20pm:** Ninja Warriors
(Blue belt & above only)
- **5:25pm-6:10pm:** Mon Jin Youth (1st & 3rd weeks)
- **6:25pm-7:20pm:** Tomoi Kickboxing
- **7:25pm-8:15pm:** Ninja Protectors (all levels)
- **8:20pm-8:45pm:** Mon Jin Adults (1st & 3rd weeks)

THURSDAY

- **4pm-4:30pm:** Ninja Dragons
- **4:35pm-5:20pm:** Ninja Warriors
(beginners: white & yellow belts)
- **5:25pm-6:10pm:** Black Belt class
- **6:20pm-7:05pm:** Tomoi Kickboxing
- **7:25pm-8:25pm:** FCS Kali/Silat

FRIDAY

- Open, but no classes

SATURDAY

- Special Events

Ninjutsu Weekly Training

Focuses

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