

LYONS NINJA & PARKOUR ACADEMY TIMETABLE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parkour <i>Technical Class</i> 7:00-8:00pm	JNR: Ninja Warrior <i>Technical Class</i> 7:00-8:00pm	Parkour <i>Technical Class</i> 7:00-8:00pm	JNR: Ninja Warrior <i>Technical Class</i> 4:00-5:00pm	JNR: Ninja Warrior <i>Technical Class</i> 4:00-5:00pm	JNR: Ninja Warrior <i>Technical Class</i> 11:30am-12:30pm
	SNR: Ninja Warrior <i>Technical Class/Open Training</i> 8:00-10:00pm		JNR: Ninja Warrior <i>Technical Class</i> 5:00-6:00pm	JNR: Ninja Warrior <i>Technical Class</i> 5:00-6:00pm	JNR: Ninja Warrior <i>Technical Class</i> 12:30-1:30pm
			JNR: Ninja Warrior <i>Technical Class</i> 6:00-7:00pm		Family Ninja Warrior <i>Open Training</i> 1:30-2:30pm
			JNR: Ninja Warrior <i>Technical Class</i> 7:00-8:00pm		SNR: Ninja Warrior <i>Technical Class/Open Training</i> 2:30-3:30pm
			SNR: Ninja Warrior <i>Technical Class/Open Training</i> 8:00-10:00pm		

LYONS NINJA & PARKOUR ACADEMY GROUPS	
Junior Ninja Warrior	5-13 Years Old
Senior Ninja Warrior	14+ Old
Parkour*	8+ Years Old

*casual only

Key/Legend

No Booking Required*	Online Booking Required*	Membership Required

*membership option for JNR/SNR Ninja