

LYONS NINJA WARRIOR ACADEMY TIMETABLE 2020

MONDAY	TUESDAY:	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Advanced Ninja*: Strength & Conditioning 7:00-8:00pm Casual Online Booking Only	JNR: Ninja Warrior Recreational Class 7:00-8:00pm Membership only		JNR: Ninja Warrior Recreational Class 4:00-5:00pm Casual Online Booking Only	JNR: Ninja Warrior Recreational Class 4:00-5:00pm Casual Online Booking Only	JNR: Ninja Warrior Recreational Class 11:30am-12:30pm Casual Online Booking Only
	SNR: Ninja Warrior Technical Class/Open Training 8:00-10:00pm Casual Online Booking or Membership		JNR: Ninja Warrior Recreational Class 5:00-6:00pm Membership only	JNR: Ninja Warrior Recreational Class 5:00-6:00pm Membership only	JNR: Ninja Warrior Recreational Class 12:30-1:30pm Membership only
			Advanced Ninja*: Strength & Conditioning 6:00-7:00pm Casual Online Booking Only		Sensory Ninja: Open Training 1:30-2:30pm Casual Online Booking or Membership
			SNR: Ninja Warrior Technical Class/Open Training 7:00-9:00pm Casual Online Booking or Membership		Open Age Ninja Open Training 2:30-3:30pm Casual Online Booking or Membership

LYONS NINJA & PARKOUR ACADEMY GROUPS	
Junior Ninja Warrior	5-13 Years Old
Senior Ninja Warrior	14+ Old
Advanced Ninja Warrior	8-14 Years Old
Sensory Ninja	5-13 Years Old
Open Age Ninja	4+ Years Old

*casual only

YOGA TIMETABLE 2020

MONDAY
Yoga: Hatha Flow Hatha Flow Class 8:15-9:00pm

YOGA	
Yoga	10+ Years Old

No Booking Required Pass, or Membership also available	Casual Online Booking Only	Membership Only	Casual Online Booking or Membership Available