

FIGHTING LYONS

2022 TERM ONE & TWO TIMETABLE

NINJA WARRIOR TIMETABLE:

MON	TUES	WED	THURS	FRI	SAT
*Elite Ninja: 5-8 Year Olds <i>Elite Squad Training</i> 4:00-5:00pm	TEEN Ninja: <i>Technical Class</i> 6:15-7:00pm	*Elite Ninja: 5-8 Year Olds <i>Elite Squad Training</i> 4:00-5:00pm	JNR Ninja: <i>Recreational Class</i> 4:00-4:45pm	JNR Ninja: <i>Recreational Class</i> 4:00-4:45pm	JNR Ninja: <i>Recreational Class</i> 11:00-11:45pm
*Elite Ninja: 9-12 Year Olds <i>Elite Squad Training</i> 5:00-7:00pm	SNR Ninja: <i>Recreational Class/Open Mat Training</i> 7:00 – 9:00pm	*Elite Ninja: 9-12 Year Olds <i>Elite Squad Training</i> 5:00-6:00pm	JNR Ninja +: <i>Technical Class</i> 5:00-5:45pm	JNR Ninja +: <i>Technical Class</i> 5:00-5:45pm	JNR Ninja +: <i>Technical Class</i> 12:00-12:45pm
Pre-Elite Ninja: <i>Advanced Technical Training</i> 7:00-7:45pm		*Elite Ninja: 13+ Year Olds <i>Elite Squad Training</i> 6:00-8:00pm	SNR Ninja: <i>Recreational Class/Open Mat Training</i> 7:00 – 9:00pm	*Elite Ninja: 13+ Year Olds <i>Elite Squad Training</i> 6:00-8:00pm	SENSORY Ninja: <i>Open Play for Children with ASD & ADHD</i> 1:00 – 1:45pm
					TEEN NINJA: <i>Technical Class</i> 2:00 – 2:45PM

Lyons Ninja Warrior: Recommended Age Groups	
Junior Ninja & Junior Ninja +	5-12 Years Old
Teen Ninja	12-16 Years Old
SNR Ninja	16+ Years Old
Pre-Elite Ninja:	5-14 Years Old
Sensory Ninja	5-12 Years Old

*Elite Ninja Squad Classes is invite only and unavailable to the public

BOXING & FITNESS TIMETABLE:

MON	TUES	WED	THURS	FRI	SAT
MORNING FITNESS w/ Child Minding: <i>Mixed Cardio, HIIT, & Total Body Training</i> 9:30-10:15am		MORNING FITNESS w/ Child Minding: <i>Mixed Cardio, HIIT, & Total Body Training</i> 9:30-10:15am		MORNING FITNESS w/ Child Minding: <i>Mixed Cardio, HIIT, & Total Body Training</i> 9:30-10:15am	BOXING CARDIO: <i>Cardio + Boxing Training</i> 8:00 – 8:45pm
JNR BOXING: 5-8 Years Old <i>Technical Boxing Training</i> 4:00-4:45pm		JNR BOXING: 5-8 Years Old <i>Technical Boxing Training</i> 4:00-4:45pm	JNR BOXING: 5-8 Years Old <i>Technical Boxing Training</i> 4:00-4:45pm		SENSORY BOXING: <i>Boxing Lessons for Children with ASD or ADHD</i> 12:30 – 1:00PM
JNR BOXING: 9-13 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm		JNR BOXING: 9-13 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm	JNR BOXING: 9-13 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm		
BOXING TECHINCAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING TECHINCAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING TECHINCAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING TECHINCAL: <i>Technical Boxing Training</i> 6:00-6:45pm	FIGHT NIGHT: <i>Open Sparring</i> 6:30-7:30pm	
			HIIT: <i>High Intensity Interval Training</i> 6:00-6:45pm		
BOXING CARDIO: <i>Cardio + Boxing Training</i> 7:00 – 7:45pm	BOXING CARDIO: <i>Cardio + Boxing Training</i> 7:00 – 7:45pm	BOXING CARDIO: <i>Cardio + Boxing Training</i> 7:00 – 7:45pm	BOXING CARDIO: <i>Cardio + Boxing Training</i> 7:00 – 7:45pm		

Boxing and Fitness: Recommend Age Groups	
Morning Fitness	13+ Years Old
Boxing Technical	13+ Years Old
Boxing Cardio	13+ Years Old
Sensory Boxing	5-14 Years Old
Fight Night	15+ Years Old

TAEKWONDO & ACROBATICS TIMETABLE:

MON	TUES	WED	THURS	FRI	SAT	
TAEKWONDO: LITTLE CUBS <i>White/Purple/Green/Orange Belt</i> 4:00-4:45pm	ACROBATICS: BEGINNER <i>Mixed Level</i> 4:00-4:45PM				TAEKWONDO: LITTLE CUBS <i>White/Purple/Green/Orange Belt</i> 9:00-9:45pm	ACROBATICS: BEGINNER <i>Mixed Level</i> 9:00-9:45PM
TAEKWONDO: JUNIOR LIONS <i>White Belt</i> 5:00-6:00pm	ACROBATICS: INTERMEDIATE <i>Mixed Level</i> 4:45-5:30PM				TAEKWONDO: JUNIOR LIONS <i>White Belt</i> 9:45-10:45pm	ACROBATICS: INTERMEDIATE <i>Mixed Level</i> 9:45-10:30PM
TAEKWONDO: JUNIOR LIONS <i>Yellow/Blue Belt</i> 6:00-7:00pm	ACROBATICS: ADVANCED <i>Mixed Level</i> 5:30-6:15pm				TAEKWONDO: JUNIOR LIONS <i>Yellow/Blue Belt</i> 10:45-11:45pm	SENSORY ACROBATICS: <i>Acrobatic Lessons for children with ASD and ADHD</i> 11:45-12:15PM
TAEKWONDO: SNR LIONS <i>Mixed Belt Level</i> 7:00-8:00pm						

Taekwondo and Acrobatics: Recommend Age Groups	
Taekwondo: Little Cubs	4-6 Years Old
Taekwondo: Junior Lions	7-15 Years Old
Taekwondo: SNR Lions	15+ Years Old
Acrobatics: Beginner	5-12 Years Old + Beginner Skill Level
Acrobatics: Intermediate	8-13 Years Old + Intermediate Level
Acrobatics: Advanced	12-18 Years Old + Advanced Level
Sensory Acrobatics	5-12 Years Old

MINI ACRO + MINI NINJA TIMETABLE:

MON	TUES	WED	THURS	FRI
Mini Acro: <i>Toddler Acrobatic Classes</i> 10:45-11:30pm	Mini Acro: <i>Toddler Acrobatic Classes</i> 10:45-11:30pm	Mini Acro: <i>Toddler Acrobatic Classes</i> 10:45-11:30pm	Mini Acro: <i>Toddler Acrobatic Classes</i> 10:45-11:30pm	Mini Acro: <i>Toddler Acrobatic Classes</i> 10:45-11:30pm
Mini Ninja: <i>Toddler Ninja Warrior Classes</i> 12:00-12:45pm	Mini Ninja: <i>Toddler Ninja Warrior Classes</i> 12:00-12:45pm	Mini Ninja: <i>Toddler Ninja Warrior Classes</i> 12:00-12:45pm	Mini Ninja: <i>Toddler Ninja Warrior Classes</i> 12:00-12:45pm	Mini Ninja: <i>Toddler Ninja Warrior Classes</i> 12:00-12:45pm

Mini Acro + Mini Ninja Class Age Groups	
Mini Acro	2-4 Years Old
Mini Ninja	3-5 Years Old