

FIGHTING LYONS

2022 TERM THREE TIMETABLE | 11/07/22 -16/09/22

NINJA WARRIOR TIMETABLE:

MON	TUES	WED	THURS	FRI	SAT
*Elite Ninja: 5-8 Year Olds <i>Elite Squad Training</i> 4:00-5:00pm	JNR Ninja: Swing Technical Class 4:30 - 5:30pm	*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: Recreational Class 10:45am-11:30am
*Elite Ninja: 9-12 Year Olds <i>Elite Squad Training</i> 5:00-7:00pm		*Elite Ninja: 9-12 Year Olds <i>Elite Squad Training</i> 5:00-6:00pm	JNR Ninja +: Technical Class 5:00-6:00pm	JNR Ninja +: Technical Class 5:00-6:00pm	JNR Ninja +: Technical Class 11:45am-12:45pm
	TEEN Ninja: Technical Class 6:15 - 7:00pm		Jnr Ninja: Balance & Parkour Technical Class 6:00 - 7:00pm		
	Ninja FIIT: Ninja Warrior x HIIT Training 7:00 – 7:45pm	*Elite Ninja: 13+ Year Olds <i>Elite Squad Training</i> 6:00-8:00pm	Ninja FIIT: Ninja Warrior x HIIT Training 7:00 – 7:45pm	*Elite Ninja: 13+ Year Olds <i>Elite Squad Training</i> 6:00-8:00pm	SENSORY Ninja: Open Play for Children with ASD & ADHD 1:00 – 1:45pm
	Open Mat Training: Open Mat Training 8:00 – 9:00pm		Open Mat Training: Open Mat Training 8:00 – 9:00pm		Teen Ninja Technical Class 2:00 – 2:45pm

Lyons Ninja Warrior: Recommended Age Groups	
Junior Ninja Classes	5-12 Years Old
Teen Ninja	12-16 Years Old
Sensory Ninja	5-12 Years Old
Ninja FIIT	13+ 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 – 8:45am
JNR BOXING: 5-8 Years Old <i>Technical Boxing Training</i> 4:00 - 4:30pm	HIIT: <i>High Intensity Interval Training</i> 4:30 - 5:15pm	JNR BOXING: 5-8 Years Old <i>Technical Boxing Training</i> 4:00 - 4:30pm	JNR BOXING: 5-8 Years Old <i>Technical Boxing Training</i> 4:00 - 4:30pm		JNR BOXING: 9-14 <i>Technical Boxing Training</i> 9:00am - 9:45am
JNR BOXING: 9-14 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm		JNR BOXING: 9-14 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm	JNR BOXING: 9-14 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm		
BOXING TECHNICAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING TECHNICAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING TECHNICAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING TECHNICAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING SPARRING: <i>Open Sparring</i> 6:30-7:30pm <small>*Every second week, check GloFox for your next available class</small>	SENSORY BOXING: <i>Boxing Lessons for Children with ASD or ADHD</i> 12:30 – 1:00pm
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	HIIT: <i>High Intensity Interval Training</i> 6:00 - 7:00pm		
	NINJA FIIT: <i>Ninja Warrior x HIIT 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
Ninja FIIT	13+ Years Old
Sensory Boxing	5-14 Years Old
Boxing Sparring	15+ Years Old

ACROBATICS TIMETABLE:

MON	TUES	WED	THURS	FRI	SAT
ADULT ACRO: <i>Mixed Level</i> 7:30 - 8:30pm	ACROBATICS: BEGINNER <i>Mixed Level</i> 4:00-4:45pm				ACROBATICS: BEGINNER <i>Mixed Level</i> 9:00-9:45am
	ACROBATICS: INTERMEDIATE <i>Mixed Level</i> 4:45-5:30pm				ACROBATICS: INTERMEDIATE <i>Mixed Level</i> 9:45-10:30am
	ACROBATICS: ADVANCED <i>Mixed Level</i> 5:30-6:15pm				

Acrobatics: Recommend Age Groups	
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
Adult Acro	15+ Years Old + Mixed Level

MINI ACRO + MINI NINJA TIMETABLE:

MON	TUES	WED	THURS	FRI
		Mini Acro: <i>Toddler Acrobatic Classes</i> 10:45-11:30am	Mini Acro: <i>Toddler Acrobatic Classes</i> 10:45-11:30am	
Mini Ninja: <i>Toddler Ninja Warrior Classes</i> 11:00-11:45am	Free Play Kinder Gym: <i>Open Play "Mini" Class</i> 11:00am - 12:00pm	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> 11:00-11:45am

Mini Acro/ Mini Ninja/Kinder Gym Class Recommended Age Group	
Mini Acro	2-4 Years Old
Mini Ninja	3-5 Years Old
Free Play Kinder Gym	2-5 Years Old

COLOUR KEY:

	New Class/New Class Time
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