

FIGHTING LYONS

2023 TERM FOUR TIMETABLE | 02/10/23 - 20/12/23

NINJA WARRIOR TIMETABLE:

MON	TUES	WED		THURS	FRI	SAT
JNR Ninja: <i>Recreational Class</i> 4:00-4:45pm		*Lyons Ninja Squad: (Jnr) <i>Squad Training</i> 4:00-5:00pm		SENSORY Ninja: <i>Open Play for Children with ASD & ADHD</i> 4:00 – 4:45pm	JNR Ninja: <i>Recreational Class</i> 4:00-4:45pm	
*Lyons Ninja Squad: (Jnr) <i>Competitive Squad Training</i> 5:00-6:00pm		*Lyons Ninja Squad: (Intermediate - Red, Blue Group) <i>Competitive Squad Training</i> 5:00-6:00pm		JNR Ninja: <i>Recreational Class</i> 5:00-6:00pm	JNR Ninja +: <i>Technical Class</i> 5:00-5:45pm	JNR Ninja: <i>Recreational Class</i> 11:00-11:45am
*Lyons Ninja Squad: (Intermediate - Red, Blue Group) <i>Competitive Squad Training</i> 5:00-7:00pm	OBSTACLE COURSE RACE TRAINING: <i>Recreational Class</i> 6:15 - 7:00pm	*Lyons Ninja Squad: (Senior) <i>Competitive Squad Training</i> 6:00-8:00pm	*Lyons Ninja Squad: (Intermediate - Purple Group) <i>Competitive Squad Training</i> 6:00-8:00pm	OBSTACLE COURSE RACE TRAINING: <i>Recreational Class</i> 6:00-6:45pm	*Lyons Ninja Squad: (Intermediate - Purple Group) <i>Competitive Squad Training</i> 6:00-7:00pm	JNR Ninja +: <i>Technical Class</i> 12:00-12:45pm
	Ninja FIIT: <i>Ninja Warrior x HIIT Training</i> 7:00 – 7:45pm	JNR Ninja: <i>Recreational Class</i> 6:00-6:45pm		Ninja FIIT: <i>Ninja Warrior x HIIT Training</i> 7:00 – 7:45pm	*Lyons Ninja Squad: (Senior) <i>Competitive Squad Training</i> 6:00-8:00pm	SENSORY Ninja: <i>Open Play for Children with ASD & ADHD</i> 1:00 – 1:45pm
	*Lyons Ninja Squad: (Adult) <i>Competitive Squad Training</i> 8:00 - 9:00pm			*Lyons Ninja Squad: (Adult) <i>Competitive Squad Training</i> 8:00 - 9:00pm		

Lyons Ninja Warrior: Recommended Age Groups	
Junior Ninja Classes	5-12 Years Old
Obstacle Course Race Training	10 Years Old & up
Sensory Ninja	5-12 Years Old
Ninja FIIT	13+ Years Old

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: 7-13 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm	HIIT: <i>High Intensity Interval Training</i> 5:00 - 5:45pm	JNR BOXING: 9-14 <i>Technical Boxing Training</i> 9:00am - 9:45am
JNR BOXING: 7-13 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm	HIIT: <i>High Intensity Interval Training</i> 5:00 - 5:45pm	JNR BOXING: 7-13 Years Old <i>Technical Boxing Training</i> 5:00-5:45pm	BOXING TECHNICAL: <i>Technical Boxing Training</i> 6:00-6:45pm		HIIT: <i>High Intensity Interval Training</i> 11:00 - 11:45am
BOXING TECHNICAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING TECHNICAL: <i>Technical Boxing Training</i> 6:00-6:45pm	BOXING CARDIO: <i>Cardio + Boxing Training</i> 6:00 – +6:45pm	HIIT: <i>High Intensity Interval Training</i> 6:00 - 7:00pm		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		
	NINJA FIIT: <i>Ninja Warrior x HIIT Training</i> 7:00-7:45pm		NINJA FIIT: <i>Ninja Warrior x HIIT Training</i> 7:00-7:45pm		

Boxing and Fitness: Recommend Age Groups	
Morning Fitness	13+ Years Old
JNR Boxing	7 - 13 Years Old
Boxing Technical	13+ Years Old
Boxing Cardio	13+ Years Old
Ninja FIIT	13+ Years Old
Sensory Boxing	5-14 Years Old
HIIT	13+ Years Old

ACROBATICS TIMETABLE:

MON	TUES	WED	THUR	FRI	SAT	
	ACROBATICS: BEGINNER <i>Mixed Level</i> 4:00-4:45pm				ACROBATICS: BEGINNER <i>Mixed Level</i> 9:00-9:45am	ACROBATICS: MINIS <i>Beginner Class for Preschoolers</i> 9:00 - 9:45am
	ACROBATICS: INTERMEDIATE/ADVANCED <i>Mixed Level</i> 4:45-5:30pm				ACROBATICS: INTERMEDIATE/ADVANCED <i>Mixed Level</i> 9:45-10:30am	

Acrobatics: Recommend Age Groups	
Acrobatics: Minis	3 - 5 Years Old + Beginner Skill Level
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

MINI NINJA TIMETABLE:

MON	TUES	WED	THURS	FRI
Mini Ninja: <i>Preschool Ninja</i> <i>Warrior Classes</i> 11:00-11:45am		Mini Ninja: <i>Preschool Ninja</i> <i>Warrior Classes</i> 11:00-11:45pm	Mini Ninja: <i>Preschool Ninja</i> <i>Warrior Classes</i> 11:00-11:45am	Mini Ninja: <i>Preschool Ninja</i> <i>Warrior Classes</i> 11:00-11:45am

Mini Acro/ Mini Ninja Recommended Age Group	
Mini Ninja	2-5 Years Old

COLOUR KEY:

	New Class/New Class Time
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