

CLASS SCHEDULE

ELEVODYNAMICS.COM

For more info please visit our website

CLASS AGE GROUPS

Ninja Dragons: Ages 4-7
Ninja Warriors: Ages 7-13
Ninja Protectors: Ages 13+

FCS Kali: Ages 18+
Silat: Ages 18+
Cardio Kickboxing: 14+

MONDAY

- 2pm-3:50pm: Private Lessons
- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:20pm: Ninja Warriors (blue belt & above only)
- 5:25pm-6:10pm: Black Belt class
- 6:20pm-7:05pm: Cardio Kickboxing
- 7:10pm-8pm: Ninja Protectors (all levels)
- 8pm-8:45pm: Mon Jin (**1st & 3rd weeks**)

TUESDAY

- 2pm-2:50pm: Home School class
- 3pm-3:50pm: Home School class
- 4:35pm-5:20pm: Ninja Warriors (beginners: white & yellow belts)
- 5:25pm-6:10pm: Black Belt class
- 6:20pm-7:05pm: Cardio Kickboxing
- 7:10pm-8:30pm: FCS Kali
- 8:35pm-9:35pm: Silat

WEDNESDAY

- 2pm-3:50pm: Private Lessons
- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:20pm: Ninja Warriors - (Blue belt & above only)
- 5:25pm-6:10pm: Mon Jin Youth (**1st & 3rd weeks**)
- 6:20pm-7:05pm: Cardio Kickboxing
- 7:10pm-8pm: Ninja Protectors (all levels)

THURSDAY

- 2pm-3:50pm: Private Lessons
- 4:35pm-5:20pm: Ninja Warriors (Beginners: White & Yellow Belts)
- 5:25pm-6:10pm: Black Belt class
- 6:20pm-7:05pm: Cardio Kickboxing
- 7:10pm-8:10pm: FCS Kali
- 8:15pm-9:35pm: Silat

FRIDAY

- 2pm-6pm open for Private Lessons or Assessment lessons

SATURDAY

- 11am-11:30am: Ninja Dragons
- 11:35pm-12:20pm: Ninja Warriors (all levels)
- 12:30pm-1:15pm: Ninja Protectors (all Levels & Black Belts)
- 1:25pm-2:10pm: Family Class
- 2:15pm-3:15pm: Kali or Silat (rotating)

Ninjutsu Weekly Training Focuses

- 1st week of the month is technique intro & **stripe re-eval week**
- 2nd week of the month is a **regular training week** (bring your gear)
- 3rd week of the month is **stripe week** (bring your gear)
- 4th week of the month is **weapons week** (bring your weapons)
- 5th week of a month is Plan Cloths week & bring a buddy week