

A.E. Ninja

Explorers

age 5 - 7

Thurs 4:35-5:20 Matthew
Thurs 6:25- 7:10 Matthew

Adventurers

age 8-12

Thurs 5:30-6:15 Matthew
(experienced)

Thurs 7:20- 8:05 Matthew

A.E Ninja class combines Gymnastics , Obstacle Training, and Free Running. This class is available for boys and girls age 5-12. A great class for strength training , body awareness , flexibility, coordination , and determination.

Boys Gymnastics

Beginner Boys

age 6-up

Mon 5:30-6:25 Ed

Wed 6:10-7:05 Dustin

Novice and Int Boys

age 8 and up

Mon 6:35-7:55 Ed

Wed 7:10- 8:30 Dustin