

A.E. Ninja

Thurs 4:15- 5:00 Grades 1-3 Matthew
Thurs 5:05-5:50 Grades 2-4 Matthew
Thurs 5:55- 6:40 Grades 1-3 Matthew
Thurs 6:45- 7:30 Grades 3- 5 Matthew
Thurs 7:35- 8:20 Grades 6-8 Matthew

A.E Ninja class combines Gymnastics , Obstacle Training, and Free Running. This class is available for boys and girls in grades 1-8 . A great class for strength training , body awareness , flexibility, coordination , and determination.

Boys Gymnastics

Beginner Boys

1st grade and up

Mon 6:00-6:55 Ed
Wed 6:00-6:55 Dustin

Novice and Int Boys

age 8 and up

Mon 7:00-8:15 Ed
Wed 7:00- 8:15 Dustin