

Ninja Zone

Turning Energy into Ambition... One Awesome Kid at a Time

The Ninja Zone is a fusion of obstacle training, gymnastics, martial arts, and freestyle movement.

Lil' Ninjas- for boys and girls ages 3-5
Mondays 9:30-10:15
Mondays 4:05-4:50
Thursdays 12:35-1:20
Fridays 9:30-10:15
Saturdays 10:10-10:55

JuniorNinjas- for boys ages 4-6. Some classes are age restricted
Mondays 5:00-6:00, ages 5-6
Thursdays 4:20-5:20
Saturdays 9:05-10:05, ages 5-7

Ninja Zone White (entry Level), for boys in first grade and older
Mondays 4:10-5:10, ages 6-8
Mondays 7:00-8:00, ages 8-12
Thursdays 1:30-2:30, all ages
Thursdays 4:10-5:10, ages 7-11
Saturdays 11:00-12:00 ages 8-12

Ninja Yellow and Green, for Boys
Mondays 5:20-6:20
Thursdays 5:20-6:20

Lady Ninjas, ages 6-11
Thursdays 5:30-6:30

Dress Code: All Ninjas must wear a Ninja Zone shirt, and athletic shorts or pants, to class.

Jump. Listen. Flip. Learn. Kick. Focus. Fly. Challenge.

Airborne

FREDERICK, COLORADO