



It's Ninja Class!...

fast paced, action packed and constantly moving! Every Ninja class will incorporate tumbling, trampolines, vaulting, and bars in a non-stop atmosphere!

Your kids will be taught landing positions, develop strength, increase body awareness and learn tumbling through proper progressions... all while having a blast challenging themselves weekly on our Ninja Courses!

**Call TODAY for a FREE
TRIAL Class: (805) 581-4496**



Ninja Training:

Tuesdays: 3:00-3:45pm (4-6 yrs)

Tuesdays: 3:45-4:30pm (6-8 yrs)

Thursday 6:30-7:30pm (6-8 & 8+ yrs)

