



Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						10:45 - 11:45 PM Mini Ninja	12:00 PM - 4:00 PM World Chase Tag OPEN GYM
11:00 AM							
12:00 PM	12:00 - 1:00 PM Mini & Me					12:00 - 2:00 PM Open Gym	12:00 - 2:00 PM Kids WCT
01:00 PM	1:00 - 3:00 PM Homeschool		1:00 - 3:00 PM Homeschool				
02:00 PM							
03:00 PM							
03:30 PM	3:30 - 4:30 PM Mini ninja	3:00 - 5:00 PM Open Gym	3:30 - 4:30 PM Mini Ninja			2 PM BIRTHDAYS, TEAM-BUILDING AND SPECIAL EVENTS	12 PM BIRTHDAYS, TEAM-BUILDING AND SPECIAL EVENTS
04:00 PM							
04:30 PM					4:00 - 5:00 PM Mini Ninja		
05:00 PM	5:15 - 6:15 PM Beg. Ninja	5:00 - 5:30 PM Intro To NYX				4:00 - 7:00 PM Youth Open Gym (4-15)	
05:30 PM	5:15 - 6:15 PM Beg. Parkour	5:30 - 6:30 PM Beg. Ninja	5:00 - 6:15 PM Rec TEAM	5:00 - 7:00 PM PRO TEAM	5:30 - 6:30 PM Beg. Parkour		
06:00 PM	5:30 - 6:30 PM Kids Tag	5:00 - 7:30 PM PRO TEAM	6:00 - 7:15 PM Parkour Team	5:30 - 8:00 PM PRO TEAM	6:00 - 7:00 PM Ninja 2	6:00 - 7:00 PM Parkour & Chase-Tag Open Gym	BIRTHDAYS AND PRIVATE EVENTS ONLY
06:30 PM	6:30 - 7:30 PM Kids Tumbling	6:30 - 7:30 PM Ninja 2	5:30 - 8:00 PM PRO TEAM	7:00 - 8:00 PM Youth Open Gym		6:30 - 7:30 PM Family Boot Camp (Conditioning Class)	
07:00 PM	6:00 - 8:00 PM PRO TEAM						
07:30 PM	7:30 - 8:30 Parkour Open Gym	7:30 - 8:30 PM Adult ninja			7:30 - 8:30 PM Adult Ninja		
08:00 PM				7:00 - 9:00 PM Adult Open Gym			
08:30 PM							
09:00 PM							770-726-3686 www.nyxtrainingcenter.com