



NINJA CLASSES



**NINJA STRONG
CONFIDENT. FOCUSED.
FEARLESS.**

MOVE. CHALLENGE. CONQUER!
TRAIN LIKE A NINJA. LIVE LIKE A LEGEND. ♥

1 SPATIAL AWARENESS

Navigate obstacles with control and confidence

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👁️ FOCUS 🧩 COORDINATION 💡 PROBLEM SOLVING

2 SPEED & AGILITY

Move fast. React quick. Stay in control.

⚡ SPEED ⌚ REACTION 🏃 AGILITY

3 TRICKS & FLIPS

Learn epic tricks and flips with safe progressions and land like a ninja.

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💪 STRENGTH 🧘 BODY CONTROL 🛡️ CONFIDENCE

4 UPPER BODY STRENGTH

Pull, swing, hang and climb like a ninja

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🏋️ PULLING 🤲 GRIP ⚡ POWER

5 BALANCE & BODY CONTROL

Strong core. Steady landings. Total control.

♥

🧘 BALANCE 🐼 CORE 🎯 CONTROL

6 COURAGE & RESILIENCE

Push your limits, overcome challenges and never give up!

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🛡️ COURAGE 🏔️ PERSEVERANCE 🚩 DETERMINATION

ALSO INCLUDES:

PARKOUR FUNDAMENTALS **WALL RUNS & PRECISION JUMPS** **OBSTACLE COURSES** **TEAMWORK & FUN** **GOAL SETTING & PROGRESS**

**BE STRONG.
BE BRAVE.
BE A NINJA!** ♥ ★

ONE TEAM. ONE GOAL. ONE BUNNERONG! ♥