



The EDGE Training Center Schedule

(September 2018-June 2019)

Youth Ninja Classes

Classes listed are offered September 2018 – June 2019

Classes are attended during the same class time on a weekly basis.

All youth ninja class participants will pay a \$35 yearly registration fee through American Allstars.

(\$50/family if more than one child participates)

Preschool Parent/Tot Ninjas (3 yrs old) - \$85/month

Saturdays 9:00 – 9:45 am

Preschool Ninjas (4 yrs old) – \$85/month

Tuesdays 10:00 – 10:45 am; 5:30-6:15 pm

Thursdays 5:30 – 6:15 pm

Saturdays 10:45 – 11:30 am

Nano (5-7 yrs) - \$85/month

Mondays 4:45 – 5:30 pm; 5:30 – 6:15 pm

Tuesdays 4:45 – 5:30 pm; 5:30 – 6:15 pm; 6:15 – 7:00 pm

Wednesdays 4:45 – 5:30 pm; 5:30 – 6:15 pm

Thursdays 4:45 – 5:30 pm; 5:30 – 6:15 pm

Saturdays 10:00 – 10:45 am

Novice Ninjas (7-10 yrs) - \$85/month

Mondays 4:45 – 5:30 pm

Tuesdays 4:45 – 5:30 pm; 5:30 – 6:15 pm; 6:15 – 7:00 pm; 7:00 – 7:45 pm

Wednesdays 4:45 – 5:30 pm; 5:30 – 6:15 pm

Thursdays 4:45 – 5:30 pm; 5:30 – 6:15 pm; 6:15 – 7:00 pm; 7:00 – 7:45 pm

Saturdays 10:00 – 10:45 am; 10:45 – 11:30 am 11:30 am – 12:15 pm

Power Ninjas (10-14 yrs) - \$85/month

Mondays 4:45 – 5:30 pm; 5:30 – 6:15 pm

Tuesdays 5:30 – 6:15 pm; 6:15 – 7:00 pm; 7:00-7:45 pm

Wednesdays 3:00-3:45 pm; 5:30 – 6:15 pm; 6:15 – 7:00 pm

Thursdays 5:30 – 6:15 pm; 7:00-7:45 pm

Saturdays 10:45-11:30 am

Ninja Masters 1 (7-10 yrs) - \$85 or \$89/month (depending on class duration)

Evaluation Required

Mondays 5:30 – 6:30 pm

Wednesdays 6:15-7:15 pm

Thursdays 6:15 – 7:15 pm

Saturdays 11:30-12:30 pm

Ninja Masters 2 (10-13 yrs)/Ninja Masters 3 (13-15 yrs) - \$89/month

Evaluation Required

Mondays 5:30-6:30 pm

Tuesdays 7:00 – 8:00 pm

Wednesdays 6:15-7:15 pm

Thursdays 6:15 – 7:15 pm

Saturdays 11:30-12:30 pm

The EDGE Training Center also offers Ninja Training Sessions for Novice/Power Ninjas on Saturdays from 11:45 am – 12:30 pm and for Nano Ninjas on Saturdays from 11:45 am – 12:30 pm. These sessions are \$25 each and must be registered for at least 24 hours in advance. Payment is due upon registration.



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Adult Classes

Interval Strength Training Bootcamps - \$60/month

Mondays 9:00 – 9:45 am
Tuesdays 9:00 – 9:45 am; 3:45-4:45 pm; 6:00-7:00 pm
Wednesdays 9:00 – 9:45 am
Thursdays 9:00 – 9:45 am; 6:15 – 7:00 pm
Fridays 9:00-9:45 am

Ninja Bootcamps - \$60/month

Mondays 6:15 – 7:00 pm
Saturdays 9:00 – 9:45 am

Ninja Moms Bootcamp - \$60/month

Wednesdays 7:00 – 7:45 pm

Kickboxing - \$60/month

Mondays 7:00 – 7:45 pm
Wednesdays 6:15 – 7:00 pm

Yogalates - \$60/month

Tuesdays 7:00-7:45 pm
Thursdays 7:00-7:45 pm

Adult Open Gym

\$20/visit – ask about our punch card option and student/military discounts
Sundays 4:00 – 7:00 pm

The EDGE Training Center also offers small group, personal, or team training in addition to Adult and Youth Ninja Competitions and birthday parties. Schedule now with Coach Carey at carey@theedgeninja.com or Coach Aubrey at aubrey@theedgeninja.com.

theedgetrainingcentermi.com

AmericanAllstarsKids.com

248 – 877-1525

The EDGE Training Center's entrance is on the north side of the building off of Oakley Park Road.