



# The EDGE Training Center Schedule

(September 2019-June 2020)

## Youth Ninja Classes

*Classes listed are offered September 2019 – June 2020*

*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) - \$87/month**

Saturdays 9:00 – 9:45 am

### **Preschool Ninjas (4 yrs old) - \$87/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) - \$87/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) - \$87/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 – 7:45pm

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 – 7:45pm

Saturdays 10:00 – 10:45 am; 10:45 – 11:30 am

### **Power Ninjas (10-14 yrs) - \$87/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) - \$91/month (depending on class duration)**

*Evaluation Required*

Mondays 5:30 – 6:30 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) - \$91/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

### **Ninja Masters 4 (14-17 yrs) - \$91/month**

*Evaluation Required*

Mondays 3:45-4:45 pm

Thursdays 7:15-8:15 pm

The EDGE Training Center also offers Ninja Training Sessions for Novice/Power Ninjas on Saturdays from 11:30 am – 12:15 pm and for Nano Ninjas on Saturdays from 11:30 am – 12:15 pm. These sessions are \$25 each and must be registered for at least 24 hours in advance. Payment is due upon registration.



# The EDGE Training Center Schedule

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## Adult Classes

### **Interval Strength Training Bootcamps - \$70/month**

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

### **Ninja Bootcamps - \$70/month**

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

### **Kickboxing - \$70/month**

Wednesdays 6:15 – 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](mailto:carey@theedgeninja.com) or Coach Aubrey at [aubrey@theedgeninja.com](mailto:aubrey@theedgeninja.com).

[theedgetrainingcentermi.com](http://theedgetrainingcentermi.com)

[AmericanAllstarsKids.com](http://AmericanAllstarsKids.com)

248 – 877-1525

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