

Olympia Training Center Class Schedule

- Youth classes are for ages 3 to 12 (white background)
- Adult classes are for ages 10 and up (gray background)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 – 3:45 Private Training	3:00 – 3:45 Private Training	3:00 – 3:45 Ninja Warrior and Parkour Youth	3:00 – 3:45 Private Training	3:00 – 3:45 Private Training	11:00a – 12:00 Ninja Warrior, Parkour and Acrobatics
3:45 – 4:30 Acrobatics Youth	3:45 – 4:30 Martial Arts Beginner Youth (White - Orange)	3:45 – 4:30 Ninja Warrior and Parkour Youth	3:45 – 4:30 Acrobatics Youth	3:45 – 4:30 Martial Arts Advanced Youth (Purple & Up)	12:00– 12:45 Ninja Warrior and Parkour Youth
4:30– 5:15 Ninja Warrior and Parkour Youth	4:30– 5:15 Ninja Warrior and Parkour Youth	4:30– 5:15 Open Gym Youth	4:30– 5:15 Martial Arts Advanced Youth (Purple & Up)	4:30– 5:15 Ninja Warrior and Parkour Youth	1:00-5:00 Special Events Belt Testing Parties
5:15 – 6:00 Open Gym Youth	5:15 – 6:00 Martial Arts Advanced Youth (Purple & Up)	5:15 – 6:00 Open Gym Youth	5:15 – 6:00 Ninja Warrior and Parkour Youth	5:15 – 6:00 Martial Arts Beginner Youth (White - Orange)	
6:00 – 6:45 Ninja Warrior and Parkour Youth	6:00 – 6:45 Ninja Warrior, Parkour and Acrobatics	6:00 – 6:45 Martial Arts Advanced Youth (Purple & Up)	6:00 – 6:45 Martial Arts Beginner Youth (White - Orange)	6:00 – 6:45 Ninja Warrior, Parkour and Acrobatics	
6:45– 7:45 Ninja Warrior, Parkour and Acrobatics	6:45– 7:45 Body Works Fitness	6:45– 7:45 MMA & Sport Martial Arts	6:45– 7:45 Ninja Warrior, Parkour and Acrobatics	6:45– 7:45 MMA & Sport Martial Arts	
	7:45 – 8:45 MMA & Sport Martial Arts	7:45 – 8:45 Ninja Warrior, Parkour and Acrobatics	7:45 – 8:45 MMA & Sport Martial Arts	7:45 – 8:45 Body Works Fitness	