

MFGF Fall Session Schedule 2025						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		Jr Hot Shots	Home School Open Gym		Wiggle Worms	Open Gym
		Homeschool Ninja Fitness ages 4-7			Homeschool Ninja Fitness ages 4-7	
		Beginner 1				
10:00 AM		Wiggle Worms			Parent Mini Ninja	
		Homeschool Ninja Fitness ages 8+			Jr Hot Shots	
		Hot Shots				
11:00 AM						
12:00 PM						BIRTHDAY (12:30)
1:00 PM						
2:00 PM						BIRTHDAY (2:30)
3:00 PM						
4:00 PM	Jr Hot Shots	Jr Hot Shots	Beginner 2	Jr Ninja	Jr Hot Shots	
	Beginner 1	Master Ninja	Parent Mini Ninja	Hot Shots	Adaptive	
	Jr Ninja	Hot Shots	Beginner 1	Intermediate 4-5:30pm	Beginner 2	
	Intermediate 4-5:25pm		Jr. Hot Shots			
5:00 PM	Jr Hot Shots	Beginner 1	Hot Shots	Master Ninja	Master Ninja	
	Beginner 2	Parent Mini Ninja	Beginner 1	Beginner 2	Beginner 1	
	Master Ninja	Wiggle Worms	Jr Ninja	Jr Hot Shots	Hot Shots	
			Parent Mini Ninja			
6:00 PM	Combo Intermediate/Advanced (5:30-6:55pm)	Beginner 1	Wiggle Worms	Bigger, Faster, Stronger		
	Hot Shots	Jr. Ninja	Jr. Ninja	Beginner 1		
	Jr Ninja	Jr Hot Shots	Parent Mini Ninja	Wiggle Worms		
	Wiggle Worms		Hot Shots			