

MFGF Winter Session Schedule 2025-26						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		Jr Hot Shots	Home School Open Gym		Wiggle Worms	
		Homeschool Ninja Fitness ages 4-7			Parent Mini Ninja	
		Beginner 1				
10:00 AM		Wiggle Worms			Jr Hot Shots	Open Gym
		Acro				
		Homeschool Ninja Fitness ages 8+				
		Hot Shots				
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM	Jr Hot Shots	Jr Hot Shots	Jr. Hot Shots	Jr Ninja	Jr Hot Shots	
	Beginner 1	Master Ninja	Parent Mini Ninja	Hot Shots	Adaptive	
	Jr Ninja	Hot Shots	Beginner 1	Combo Intermediate/Advanced 6: 30-7:55pm	Beginner 2	
5:00 PM	Jr Hot Shots	Beginner 1	Hot Shots	Master Ninja	Master Ninja	
	Master Ninja	Parent Mini Ninja	Parent Mini Ninja	Beginner 2	Beginner 1	
	Combo Intermediate/Advanced 6: 30-7:55pm	Wiggle Worms	Jr Ninja	Jr Hot Shots	Hot Shots	
6:00 PM	Jr Ninja	Beginner 1	Beginner 2	Hot Shots	Wiggle Worms	
	Wiggle Worms	Jr. Ninja	Jr. Ninja	Beginner 1	Parent Mini Ninja	
	Combo Intermediate/Advanced 6: 30-7:55pm	Jr Hot Shots	Beginner 1	Wiggle Worms		
7:00 PM						
	Beginner 2					