

MFGF Fall Session Schedule 2024						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		Jr Hot Shots()	Home School Open Gym		Wiggle Worms ()	
		Homeschool Ninja Fitness ages 4-7				
		Beginner 1()				
10:00 AM		Wiggle Worms()			Parent Mini Ninja ()	Open Gym
		Homeschool Ninja Fitness ages 8+			Jr Hot Shots ()	Open Gym
11:00 AM						Open Gym
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()	Beginner 2()	Hot Shots ()	
		Intermediate 4-5:30pm()	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()		
			Parent Mini Ninja()			
		Combo Intermediate/Advanced (5:30-7pm)()				
6:00 PM	Wiggle Worms ()		Wiggle Worms()	Bigger, Faster, Stronger()		
	Hot Shots()	Jr. Ninja ()	Jr. Ninja ()	Beginner 1()		
	Jr Ninja()	Jr Hot Shots()	Parent Mini Ninja()	Wiggle Worms()		
	Beginner 1()		Hot Shots()			