

MFGF Winter Session Schedule 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Cleaners	Jr Hot Shots(Alyssa)	Home School Open Gym		Wiggle Worms (Shayla,Alyssa)	
		Homeschool Ninja Fitness ages 4-7 (Mark)	Shayla,Alyssa Every other week		Homeschool Ninja Fitness ages 4-7 (Mark)	
		Beginner 1(Ava)				
		Wiggle Worms(Alyssa)				
10:00 AM		Homeschool Ninja Fitness ages 8+ (Mark)		Parent Mini Ninja (Mark)		Open Gym
				Jr Hot Shots (Shayla,Alyssa)		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	Jr. Hot Shots	Jr Ninja	Jr Hot Shots	
	Beginner 1	Master Ninja	Parent Mini Ninja	Hot Shots	Adaptive	
	Jr Ninja	Intermediate 4-5:30pm	Beginner 1	Beginner 2	Hot Shots	
5:00 PM	Jr Hot Shots	Wiggle Worms	Hot Shots	Master Ninja	Master Ninja	
	Beginner 2	Parent Mini Ninja	Beginner 1	Beginner 1	Beginner 1	
	Master Ninja		Parent Mini Ninja	Jr Hot Shots	Beginner 2()	
6:00 PM	Wiggle Worms	Combo Intermediate/Advanced (5:30-7pm)	Wiggle Worms	Bigger, Faster, Stronger		
	Hot Shots	Jr. Ninja	Jr. Ninja	Beginner 1		
	Jr Ninja	Jr Hot Shots	Hot Shots	Jr. Hot Shots		
	Beginner		Beginner 2			