

## The Compound Timetable – SEAFORD

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12.30pm	(12:45pm) Home School Ninja 7-16y.o (60 mins)			Beginner Adult Ninja 60min	
				Adult Ninja Freestyle (90mins)	
4.00pm	Kids Ninja 7-11yo (45min)	Kids Ninja 7-16yo (45min)	Kids Ninja 7-11yo (45min)	Kids Ninja 7-11yo (45min)	
4:50pm	Kids Ninja 7-16yo (45min)	Kids Ninja 11-16yo (45min)	Kids Ninja 7-16yo (45min)	Kids Ninja 11-16yo (45min)	
5:45pm	Adults Ninja Freestyle (75min)	Kids and Adults Ninja Open Class (1hr)	Adults Ninja Freestyle (1hr 15min)	Spartan Fitness (Adults Class) (45min)	
6.00pm	Bar and bodyweight strength, adults 45min		Bar and bodyweight strength, adults 45min		
6:40pm				Adults Ninja Coached Class 60min	
				Adult Ninja Freestyle (75mins)	

### NOTES

- Kids Ninja – kids MUST be minimum 7 years of age
- Must be over 16 to attend any sessions besides the specific Kids Ninja

<p><b><u>Bodyweight &amp; Bar Strength</u></b> Building strength and core using bodyweight exercise and pullup bars, progressions towards moves such as muscle ups, levers, etc. For beginners to intermediate.</p>	<p><b><u>Obstacle / Ninja Coaching</u></b> For all fitness levels. We cover the basics, swinging, kipping, landing, exercises to build grip strength and endurance, balance, creating more body/spatial awareness. We will also cover strength and conditioning specific to OCR and ninja. Technique drills, speed training, endurance training. Mainly involves the obstacles and rigs for your workout.</p>	<p><b><u>Spartan Obstacle Training</u></b> A total body strength and conditioning training program using equipment and obstacles (such as rope climb, rings and monkey bars). We will also be giving advice on obstacle technique to help prepare you for your upcoming Spartan or obstacle race or just for fitness.. All fitness levels welcome.</p>	<p><b><u>Kids Ninja Training</u></b> Training kids from beginners to advanced. Kids will learn all the basics: swinging, kipping, landing, exercises to build grip strength and endurance and balance combined with some exercise to help increase their abody awareness and strength.</p>
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### Freestyle Ninja / Obstacle Training

This session is just for those who want to train at their own pace. If you're new to this session we will be assessing you first, to make sure you can keep yourself safe.

## Group bookings available on weekends by request