



The Compound Timetable – Bayswater North

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00am						Compound training with a twist (1hr)
8.00am						Spartan/Obstacle Training (1hr)
9.00am	Freestyle Ninja/Obstacle (2hrs)	Freestyle Ninja/Obstacle (2hrs)	Freestyle Ninja/Obstacle (2hrs)	Freestyle Ninja/Obstacle (2hrs)	Freestyle Ninja/Obstacle (2hrs)	Freestyle Ninja/Obstacle (1hrs 45mins)
9.30am	Obstacle/Ninja Coaching (1hr)	Obstacle/Ninja Coaching (1hr)	Obstacle/Ninja Coaching (1hr)	Obstacle Ninja Coaching (1hr)	Obstacle/Ninja Coaching (1hr)	9.15am Obstacle/Ninja Coaching (1hr)
10.30am-11.45pm						Family Ninja min 7yo (75mins)
4.05pm	Kids Ninja 7-11yo (45min)	Kids Ninja 7-11yo (45min)	Kids Ninja 7-11yo (45min)	Kids Ninja 7-11yo (45min)	Kids Ninja 7-16yo (45min)	12pm-6pm Group sessions/Party bookings
5.00pm	Kids Ninja 7-16yo (45min)	Kids Ninja 7-16yo (45min)	Kids Ninja 7-16yo (45min)	Kids Ninja 7-16yo (45min)	Kids Ninja 7-16yo (45min)	
6.00pm	Bodyweight/Bar Strength (45min) Freestyle Ninja/Obstacle (60min)	Kids High Performance ninja coaching (45min) Strength (45min)	Compound training with a twist (45mins) Freestyle Ninja/Obstacle (60min)	Obstacle/Ninja Coaching (1hr) Freestyle Ninja/Obstacle (90min)	Kids Ninja Elite coaching (45min) Bodyweight/Bar Strength (45min)	
7.00pm	7.15pm Spartan/Obstacle Training (1hr) Freestyle Ninja/Obstacle (90min)	BEGINNER Obstacle/Ninja Coaching (1hr) Freestyle Ninja/Obstacle (90min)	Obstacle/Ninja Coaching (1hr) Freestyle Ninja/Obstacle (90min)	Training for Hyrox (1hr) Freestyle Ninja/Obstacle (90min)	Freestyle Ninja/Obstacle (90min)	

<p>Cardio & Resistance Sessions will vary, generally bootcamp cardio and resistance style training: Can include cardio, use of bodyweight and equipment such as kettlebells, obstacles, dumbbells, TRX, sandbags, sleds, tyres, bands, etc. Core, mobility and small muscle strengthening.</p>	<p>Kids Ninja Training 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 body awareness and strength.</p>	<p>Kids High Performance Ninja This is Invite only, Kids 11yo and above will be selected to attend these specific Ninja coaching sessions. These sessions will involve strength, conditioning, endurance, ninja courses and specific obstacle training.</p>
<p>Bodyweight & Bar Strength Building strength and core using bodyweight exercise and bars, progressions towards moves such as muscle ups, levers, etc. For beginners to intermediate.</p>	<p>Obstacle / Ninja Coaching 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>Spartan FIT/Obstacle Training A total body strength and conditioning training program using equipment and obstacles (such as rope climb, olympus, 6ft and 8ft walls, cargo net, traverse wall, fortress, rings and monkey bars). We will also be giving advice on obstacle technique to help prepare you for your upcoming Spartan or obstacle race. All fitness levels welcome.</p>
<p>Strength Training Build muscular strength and endurance using bodyweight and equipment such as barbells, kettlebells, dumbbells, TRX etc. Slower movements with heavier resistance.</p>	<p>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.</p>	<p>Family Freestyle Ninja A chance for kids and parents to train together! 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.</p>
<p>Compound training with a twist Build muscular strength, cardio fitness and endurance using body weight, obstacles, kettlebells, dumbbells, barbells and a range of different exercises all during time based rounds</p>		

NOTES

- Kids Ninja & Family sessions – kids MUST be minimum 7 years of age and MUST be supervised by parents at all times
- Must be over 16 to attend any sessions besides the specific Kids Ninja & Family Ninja/Obstacle Train