

May 2020 Virtual Ninja and Tricking Class Schedule



An incredible class where you will work on jumping, rolling, getting stronger (upside down and right side up) all while having FUN!!

Monday	Tuesday	Wednesday	Thursday	Friday
4 	5 Safety and Ninja Rolls 5pm w/ Coach Alex Learning to roll, safely, is so important to ninja and parkour. Let's have fun!!	6 	7 Leaping Through the Air 5pm w/ Coach Alex Knowing proper jump technique will make us springy and bouncy!	8 How high can you jump? Get a rope and have two people hold either side and keep raising inch by inch. Get some air!!
11 	12 Upper Body Buildup 5pm w/ Coach Alex Let's make it so that we can grab and hold onto any rope or bar by ourselves	13 	14 Time for some fun ninja movement 5pm w/ Coach Alex Ninja vaults help us move very smooth... Go for it!!	15 Have a chin-up bar? How long can you just hang?
18 	19 Balancing Skills 5pm w/ Coach Alex Ninjas must be light on our toes. We will strengthen our balancing muscles!	20 	21 Core-azy Ninja! 5pm w/ Coach Alex Our core muscles are important in every ninja skill. Let's get them strong!	22 Challenge your parents to a contest: 1-minute plank 1-minute superman Who won??
25 Happy Memorial Day! 	26 Getting our legs flexible 5pm w/ Coach Alex Stretching is so important for safety and performance. Leg day!!	27 	28 Let's mash it all up! 5pm w/ coach Alex Lets bring all our skills together and go through a full- fledged ninja test!	29 Show your talent to your parents. Come up with a 10-minute show and perform. Show it off!