



MINNESOTAFLYERS

GYMNASTICS AND FITNESS

FALL 2026 REC SCHEDULE

Registration Opens August 17th at 8:30 am
Session Begins September 14th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 AM		Jr Hot Shots Homeschool Ninja Fitness Ages 4-7	HOMESCHOOL/ PRESCHOOL OPEN GYM 9 - 10 AM		Parent Mini Ninja Wiggle Worms
10.00 AM		Wiggle Worms Hot Shots Beginner 1 Homeschool Ninja Fitness Ages 8+			Jr Hot Shots Parent Mini Ninja
4.00 PM	Jr Hot Shots Jr Ninja Beginner 1 Intermediate Advanced (4:00-5:25)	Jr Hot Shots Jr Ninja Hot Shots Master Ninja	Beginner 2 Beginner 1 Jr Hot Shots Parent Mini Ninja	Jr Ninja Hot Shots Intermediate Advanced (4:00-5:25) Jr Hot Shots	Adaptive Jr Hot Shots Beginner 2
5.00 PM	Jr Hot Shots Beginner 2 Master Ninja Intermediate Advanced (5:30-6:55)	Hot Shots Parent Mini Ninja Wiggle Worms Beginner 1	Hot Shots Beginner 1 Parent Mini Ninja Jr Ninja	Master Ninja Beginner 2 Beginner 1	Hot Shots Master Ninja Beginner 1
6.00 PM	Hot Shots Jr Ninja Wiggle Worms	Jr Hot Shots Beginner 1 Jr Ninja Parent Mini Ninja	Wiggle Worms Jr Ninja Parent Mini Ninja Hot Shots	Bigger Faster Stronger Beginner 1 Parent Mini Ninja Wiggle Worms	

SATURDAY OPEN GYM
10 - NOON