

MFGF Fall Session Schedule 2026						
Fall registration opens on Aug 17th, Session starts Sept 14th						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM		Jr Hot Shots	Home School Open Gym		Wiggle Worms ()	
		Homeschool Ninja Fitness ages 4-7 ()			Parent Mini Ninja ()	
		Beginner 1 ()				
10:00 AM		Wiggle Worms ()			Jr Hot Shots ()	Open Gym
		Homeschool Ninja Fitness ages 8+ ()				
		Hot Shots ()				
11:00 AM						
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 ()	Beginner 2 ()	Jr Ninja ()	Jr Hot Shots ()	
	Beginner 1 ()	Master Ninja ()	Parent Mini Ninja ()	Hot Shots ()	Adaptive ()	
	Jr Ninja ()	Hot Shots ()	Beginner 1 ()	Combo Intermediate/Advanced4pm-5:25pm()	Beginner 2 ()	
		Jr Ninja ()	Jr. Hot Shots ()			
5:00 PM	Jr Hot Shots ()	Beginner 1 ()	Hot Shots ()	Master Ninja ()	Master Ninja ()	
	Beginner 2 ()	Parent Mini Ninja ()	Beginner 1 ()	Beginner 2 ()	Beginner 1 ()	
	Master Ninja ()	Wiggle Worms ()	Jr Ninja ()	Beginner 1	Hot Shots ()	
	Combo Intermediate/Advanced 5pm-6:25pm()	Hot Shots ()	Parent Mini Ninja ()			
6:00 PM	Wiggle Worms ()	Beginner 1 ()	Wiggle Worms ()	Bigger, Faster, Stronger ()		
	Hot Shots ()	Jr. Ninja ()	Jr. Ninja ()	Beginner 1 ()		
	Jr Ninja)	Jr Hot Shots ()	Parent Mini Ninja ()	Wiggle Worms ()		
		Parent Mini Ninja ()	Hot Shots ()			
	**this is our intended schedule. However classes and times are subject to change prior to registration on August 17th, 2026					