

New Schedule Starting 1/28/20



Please bring **NINJA BELT and **LACE UP SHOES**. Must have belt for ALL TESTINGS.

***Thank you for respecting our NO FOOD or DRINK policy. We appreciate your help in keeping our space clean!
PICK UP OR DROP OFF CHILD(REN) NO MORE THAN 5 MINUTES BEFORE & AFTER CLASS TIME.

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12008 SW GARDEN PLACE, TIGARD, OR, 97223

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10am-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 2pm-9pm	Open Gym 10am-9pm
12:00 PM	4:00 PM	6:30 AM	11:00 AM	11:00 AM	4:00 PM	10:00 AM
Ninja (6-13yr) L3-L4	Ninja (6-10) L1-L2	Boxing Bootcamp	Little Ninja (3-5yr)	Little Ninja (3-5yr)	Ninja (6-13) L1-2	Little Ninja (3-5yr)
Climbing (Family) L1-L4	Little Ninja (3-5yr)	4:00 PM	3:00 PM	3:00 PM	Strength (6-13) L1-L5	11:00 AM
1:00 PM	Climbing (6-13) L1-L3		Little Ninja (3-5yr)		5:00 PM	
	5:00 PM		Ninja (6-13) L1-L3			
Gymnastics (Kid/Adult) L3-L5		Parkour (6-13) L3-L5	4:00 PM	4:00 PM	Ninja (6-13) L4-L6	Climbing (6-13) L1-L4
2:00 PM	Climbing (6-13) L3-L6		Ninja (6-13) L1-L2	Climbing (6-13) L1-L3	Parkour (6-13) L1-L3	12:00 PM
Strength (6-13) L1-L5	Parkour (6-10) L1-L2	Ninja (6-13) L1-L2	Ninja (6-13) L1-L2	Climbing (6-13) L1-L3	Parkour (6-13) L1-L3	Parkour (Kid/Adult)
Little Ninja (3-5)	Gymnastics (Kid/Adult) L1-L2	5:00 PM	Gymnastics (Kid/Adult) L3-L5	Ninja (6-13) L2-L4	6:00 PM	
3:00 PM	5:30 PM		Gymnastics (Kid/Adult) L3-L5	Little Ninja (3-5yr)	Little Ninja (3-5yr)	Ninja (Adult/Teen)
	Skyhook Team Practice	Ninja (6-13) L3-L5	5:00 PM	5:00 PM	Parkour (6-13) L3-L5	
Ninja (6-13yr) L1-L2	5:30pm-7:30pm	Climbing (6-13) L1-L3	Parkour (6-10) L1-L2	Ninja (6-13) L1-L3	Gymnastics (6-13) L3-L5	2:00 PM
Little Ninja (3-5)	6:00 PM	6:00 PM	Gymnastics (Kid/Adult) L1-L3	Climbing (Kid/Adult) L1-L5	7:00 PM	
4:00 PM	Boxing Bootcamp	Strength (Family) L1-L5	Ninja (Adult/Teen)	Parkour (6-13) L1-L2		Aerial Silks (Family)
Ninja (6-13) L1-L2	Ninja (6-13) L3-L5	Parkour (Adult/Teen)	5:30 PM	6:00 PM	Climbing (Family) L1-L5	Parkour (Kid/Adult) L2-L3
Little Ninja (3-5)	6:30 PM	Climbing (6-13) L3-L6			Skyhook Team Practice	Climbing (Kid/Adult) L4+
5:00 PM	Skyhook Team Practice	7:00 PM	5:30pm-7:30pm	Parkour (Kid/Adult) L3-L4	Adult Swim	
	7:00 PM	Aerial Silks (Kid/Adult)	6:00 PM	Gymnastics (Adult/Teen)		5:00 PM
Parkour (Kid/Adult) L4-L7	Ninja (Kid/Adult) L1+	Blade of Light (Adult/Teen)	Parkour L3-L4 (Kid/Adult)	7:00 PM	Parkour (Kid/Adult) L1+	
6:30 PM			6:30 PM	Ninja (Kid/Adult)		6:00 PM
Neuro Diverse Class (10-16)		Skyhook Team Practice	7:00 PM	Blade of Light (Kid/Adult)		
			Strength (Adult/Teen)			

Class Color Key
Little Ninjas (3-5)
Kids Ages (6-10)
Kids Ages (10-14)
Kids Ages (6-13)
(Kid/Adult) Ages 6 & Up
(Teen/Adult)
Skyhook Team ONLY

Announcements

Spring Break Camp! March 23rd-March 27th

Skyhook Climbing Competition 4/11/20

Closures

Check social media for bad weather closures
UNAA Regionals May 23rd

Upcoming Events

Belt Testing from 5pm-8pm 2/22/20

Belt Testing from 5pm-8pm 3/21/20

Skyhook climbing competition 4/11/20