

High Exposure Spring Schedule 2017

201-768-8600

Monday to Friday
Saturday
Sunday

10AM - 10PM
10AM - 8 PM
10AM - 6 PM

	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE NINJAS	3 - 5	4PM - 5PM	4PM - 5PM		4PM - 5PM		9:15AM - 10:15AM
NINJA MONKEYS	5 - 7	4PM - 5PM	4PM - 5PM		4PM - 5PM		9AM - 10AM
CLIMBING WARRIOR 1	7+	5:00PM - 6:30PM	5:00PM - 6:30PM	5:00PM - 6:30PM	5:00PM - 6:30PM		9AM - 10AM
CLIMBING WARRIOR 2 <u>Chalk bag + shoes required</u>	7+	5:30PM - 7:30PM	INTRO AGES + 9 6:30PM - 8:30PM	5:30PM - 7:30PM	6:30PM - 8:30PM		9AM - 10AM
COMPETITIVE WARRIORS* <u>Chalk bag + shoes required</u>	7+	6:30PM - 8:30PM		6:30PM - 8:30PM		ELITE TEAM 5PM - 7PM	8:30AM - 10:30AM
PARKOUR YOUTH	7 - 11	LEVEL 1 5:15PM - 6:15PM	LEVEL 2 5:15PM - 6:15PM	LEVEL 1 5PM - 6PM	LEVEL 2 5:15PM - 6:15PM	LEVEL 1 YOUTH 5:15PM - 6:15PM	Youth + Teens 9AM - 10AM
PARKOUR TEEN	12+	LEVEL 1 6:30PM - 7:30PM	LEVEL 2 6:30PM - 7:30PM	LEVEL 1 6:30PM - 7:30PM	LEVEL 2 6:30PM - 7:30PM	LEVEL 1 TEEN 6:30PM - 7:30PM	
PARKOUR TEAM * <u>2 cls Per wk Required</u>	9+	LEVEL 3 7:30PM - 8:30PM				Competitive Training 7:30PM - 8:30PM	
NINJA OBSTACLES	6 - 8	5:15PM - 6:15PM	5:15PM - 6:15PM		5:15PM - 6:15PM		
NINJA OBSTACLES 2	9 - 12	6:30PM - 7:30PM	13+ TEENS 6:30PM - 7:30PM		6:30PM - 7:30PM		

KIDS' CLASS OPTIONS

Trial Class \$10
8-week Prorated Sessions \$160

KIDS' MEMBERSHIP

Full Facility Access + Classes

1 Class per week \$135
2 Classes per week \$175
3 Classes per week

*Competitive Warrior Team will meet on Saturdays for 2-hour Open Practice Sessions with the coach.

ADULT FITNESS

\$18.00 for 1 class or pay \$135.00 for 8 classes
Free classes with our yearly membership

PARKOUR

THURSDAY'S 8 PM - 9 PM

SGX TRAINING

TUES & THURSDAY 7:30PM - 8:30PM

Train with Certified SGX trainers in the LARGEST Spartan gym throughout the country!



- 42 ft rope climb
- Tyrolean Traverse
- Under Through
- Hercules Hoist
- Traverse Wall
- And More...

NINJA WARRIOR

Train with professional Ninja Warrior athletes for the best cross conditioning imaginable.

- Salmon Ladder
- Warped Wall
- And More...

Friday 7:30PM - 8:30PM

ADULT MEETUP

Meet with other climbers around the area to top-rope, boulder, obstacle train, learn, and share beta.

Meets Mondays + Thursdays
8PM - 10PM
(\$10 Admission)

FUN FOR PARENTS

Pay only \$10 for a day pass and get free gear rentals for yourself while your child takes one of our classes!