



AMP
ACADEMY^{LLC}
 ATHLETIC MOVEMENT & PARKOUR

EFFECTIVE MARCH 1, 2018!

* Anyone under 18 years old **MUST** take a minimum of 1 class or have skill assessed by an instructor before being allowed to attend open gym sessions.

During all **CLOSED hours, we are available for Birthday Parties, Private Lessons, Personal Training, and Gym Rental by appointment only.

Mini Ninjas (Ages 4-6) Kids Classes (Ages 7-12) Adult Classes (Ages 13 & Up)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids Open Gym	8:00pm-10:00pm	8:00pm-10:00pm	6:00pm-10:00pm	8:00pm-10:00pm		11:00am-1:00pm	11:00am-1:00pm
Adult Open Gym	8:00pm-10:00pm	8:00pm-10:00pm	6:00pm-10:00pm	8:00pm-10:00pm		11:00am-1:00pm	11:00am-1:00pm
Mini Ninjas		5:00pm-6:00pm					10:00am-11:00am
Ninja Kids	5:00pm-6:00pm						9:00am-10:00am
Kids Ninja Team (Invite Only)		4:00pm-5:00pm					
Parkour Kids				5:00pm-6:00pm		10:00am-11:00am	
Advanced Parkour Kids (Invite Only)	6:00pm-7:00pm			4:00pm-5:00pm			
Capoeira Kids		7:00pm-8:00pm				11:00am-12:00pm	
Ninja Adults		6:00pm-7:00pm				9:00am-10:00am	
Parkour Adults	7:00pm-8:00pm			7:00pm-8:00pm			
30+ Ninja & Parkour Fusion				6:00pm-7:00pm			
Capoeira		8:00pm-9:30pm		8:00pm-9:30pm			
Buti Yoga		6:30pm-7:30pm		6:30pm-7:30pm			

288 Plymouth Avenue, 3rd Floor, Fall River, MA 02721

Telephone: 508-567-1002