



AMP
ACADEMY^{LLC}
 ATHLETIC MOVEMENT & PARKOUR

EFFECTIVE MARCH 1, 2019!

* 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
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Adult Open Gym	8:00pm-9:00pm	8:00pm-9:00pm	6:00pm-9:00pm	8:00pm-9:00pm		11:00am-1:00pm	11:00am-1:00pm
Mini Ninjas		5:00pm-6:00pm		6:00pm-7:00pm			9:00am-10:00am
Ninja Kids	5:00pm-6:00pm		5:00pm-6:00pm				10:00am-11:00am
Kids Ninja Team (Invite Only)		4:00pm-5:00pm					
Parkour Kids	4:00pm-5:00pm			5:00pm-6:00pm		10:00am-11:00am	
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288 Plymouth Avenue, 3rd Floor, Fall River, MA 02721

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