

In Partnership with



Ninja Vigor, in collaboration with Evo Sports, are pleased to announce that we will be providing the international training program **NINJAZONE** at Doha College

Starting from 2 January 2023

10% OFF
FOR DC STUDENTS

PRICE PER STUDENT
1 month - 8 sessions

850
QR

WHAT IS NINJA?

IT'S A COMBINATION OF..



MARTIAL ARTS



GYMNASTICS



PARKOUR

LIL' NINJAS

AGES: 3 - 5 YEARS OLD

Lil' Ninjas Lil Ninjas is our entry level program to the all-new sports discipline. Through a combination of **gymnastics, obstacle training, parkour and freestyle movements**, children gain the **basic skills** needed to progress through the full ninja training program.

CLASS GOALS:

Listening skills
confidence and manners
trying new things
working under pressure.
We do all this through a mix of skills and progressions.

DAYS & TIME

SUN - TUE: 3:30

MON - THU: 3:30

NINJA TRAINING

AGES: 6 - 14 YEARS OLD

Ninja Training program consists of a progressive level system in which older children learn a combination of **flips, rolls, jumps and kicks**. Their **strength and agility** are tested through various obstacle courses and training techniques. **With each child progressing at their own pace based on the individuals mental & physical capabilities.**

The levels of NinjaZone are defined by the following headband colors:

- White
- Yellow
- Green
- Blue
- Purple

DAYS & TIME

SUN - TUE: 4:30
5:30

MON - THU: 4:30
5:30



FOLLOW US



FOR BOOKING

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