


**Tots(3-6 Years Old), Kids(7-11 Years Old), Teens(12-16 Years Old), Adults(17+ Years Old)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Freerunning</b> <i>Kids</i> 10:00-10:45	<b>Parkour</b> <i>Tots</i> 5:00-5:30	<b>Parkour</b> <i>Tots</i> 5:00-5:30	<b>Freerunning</b> <i>Kids</i> 5:00-5:45	<b>Parkour</b> <i>Tots</i> 5:30-6:00	<b>Parkour</b> <i>Kids</i> 5:00-5:45	<b>Parkour</b> <i>Tots</i> 10:00-10:30
<b>Freerunning</b> <i>Teens &amp; Adults</i> 10:45-11:30	<b>Games</b> <i>Kids</i> 5:30-6:15	<b>Parkour</b> <i>Kids</i> 5:30-6:15	<b>Open Gym</b> <i>Kids</i> 5:45-6:30	<b>Ninja Strength</b> <i>Kids</i> 6:00-6:45	<b>PKFit</b> <i>Tots</i> 5:45-6:15	<b>Ninja Course</b> <i>Kids</i> 10:30-11:15
<b>PKfit</b> <i>Tots</i> 11:30-12:00	<b>Open Gym</b> <i>Teens</i> 6:15-7:15	<b>Parkour</b> <i>Teens</i> 6:15-7:00	<b>PKfit</b> <i>Tots</i> 6:30-7:00	<b>Open Gym</b> <i>Kids</i> 6:45-7:30	<b>Parkour</b> <i>Teens</i> 6:15-7:00	<b>Ninja Course</b> <i>Teens</i> 11:15-12:00
<b>Open Gym</b> <i>Kids, Teens, Adults</i> 12:00-1:00	<b>PK Fundamentals</b> <i>Adults</i> 7:15-8:00	<b>Open Gym</b> <i>Teens &amp; Advanced Kids</i> 7:00-7:45	<b>Freerunning</b> <i>Teens &amp; Adults</i> 7:00-8:00	<b>Ninja Strength</b> <i>Teens</i> 7:30-8:15	<b>Parkour</b> <i>Adults</i> 7:00-8:00	<b>Open Gym</b> <i>Kids, Teens, Adults</i> 12:00-1:00
Available for Parties, Workshops & Private Lessons!	<b>Open Gym</b> <i>Adults</i> 7:15-8:00	<b>Parkour &amp; Open Gym</b> <i>Adults</i> 7:45-8:45		<b>PK Fundamentals</b> <i>Adults</i> 8:15-9:00	<b>Open Gym</b> <i>Adults</i> 7:00-8:00	Available for Parties, Workshops & Private Lessons!
<b>Parkour:</b> Learn safety & efficiency in movement through your environment surrounded by peers & passionate coaches!	<b>Freerunning:</b> Learn flips & tricks in a safe environment! Take your parkour skills, combine them with creative movement & you have Freerunning!	<b>Ninja:</b> A class for soon-to-be Ninja Warriors! Come out & build strength and technique to learn to jump, climb, & move just like in the show!		<b>Parkour Fundamentals:</b> A lower-impact class perfect for any adult who'd like to see what Parkour is all about but may be a little unsure about how to get started!	<b>Open Gym:</b> For the young & young at heart! Come in and train on almost all of our obstacles, with coaches present for advice & supervision!	<b>PKfit:</b> Keep moving, learn skills, and have fun in this high energy/low impact obstacle FITNESS class for all ages! Sure to earn you speed, power and agility!