

Tots (3 - 6)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PK Tots	3:00 - 3:30	5:00 - 5:30	5:00 - 5:30		5:00 - 5:30		10:00 - 10:30
Kids (7-11)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PK Kids	3:30 - 4:30		5:30 - 6:30			5:00 - 6:00	
Ninja Strong Kids		6:15 - 7:15					
Ninja Course Kids							10:30 - 11:15
Freerunning Kids				5:00 - 6:00			
Games Kids		5:30 - 6:15					
Open Gym Kids				6:00 - 6:45	5:30 - 6:15		
Teens (12-16)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PK Tech Teens	4:30 - 5:30		6:30 - 7:30				
PK Strong Teens						6:00 - 7:00	
Ninja Strong Teens		7:15 - 8:15					
Ninja Course Teens							11:15 - 12:00
Freerunning Teens				6:45 - 7:45			
Open Gym Teens				7:45 - 8:45	6:15 - 7:15	7:00 - 8:00	
Adults (17+)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PK Strong Adults						6:00 - 7:00	
PK Tech Adults	4:30 - 5:30		7:30 - 8:30				
Ninja Strong Adults		7:15 - 8:15					
Ninja Course Adults							12:00 - 12:45
Freerunning Adults				6:45 - 7:45			
Open Gym Adults				7:45 - 8:45	6:15 - 7:15	7:00 - 8:00	
PK Fundamentals					6:15 - 7:15		
<p>Visit www.pinnacleparkour.com to register for a FREE class trial!</p>		<p>Parkour (PK):</p> <p>Learn safety & efficiency in movement through your environment surrounded by peers & passionate coaches!</p>	<p>Freerun:</p> <p>Take your parkour skills, combine them with creative movement & you have Freerunning! Learn flips & tricks in a safe environment!</p>	<p>Ninja Class:</p> <p>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!</p>	<p>Open Gym:</p> <p>For the young & young at heart! Come in and train on almost all of our obstacles, with coaches present for advice & supervision!</p>	<p>PK Fundamentals:</p> <p>Perfect for any adult that wants to see what parkour is all about but may be a little shy about getting started!</p>	<p>Ask us about & parties and events!</p>