

| Tots (3 - 6) | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------------|--|--|--|--|---|--|
| PK Tots | | 5:00p - 5:30p | 5:00p - 5:30p | | 5:30p - 6:00p | | 10:00a - 10:30a |
| Kids (7-11) | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PK Kids | | | 5:30p - 6:30p | | | 5:00p - 6:00p | |
| Ninja Strong Kids | | | | | 6:00p - 6:45p | | |
| Ninja Course Kids | | | | | | | 10:15a - 11:15a |
| Freerunning Kids | 10:15a - 11:00a | | | 5:00p - 5:45p | | | |
| Games Kids | | 5:30p - 6:15p | | | | | |
| Open Gym Kids | 12:00p - 2:00p | | ADV: 7:30p - 8:15p | 5:45p - 6:45p | 6:45p - 7:30p | | 12:45p - 2:00p |
| Teens (12-16) | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PK Teens | | | 6:30p - 7:30p | | | 6:00p - 7:00p | |
| Ninja Strong Teens | | | | | 7:30p - 8:15p | | |
| Ninja Course Teens | | | | | | | 11:15a - 12:00p |
| Freerunning Teens | 11:00a - 12:00p | | | 6:45p - 7:45p | | | |
| Open Gym Teens | 12:00p - 2:00p | 6:15p - 7:15p | 7:30p - 8:15p | 6:45p - 7:45p | | | 12:45p - 2:00p |
| Adults (17+) | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PK Strong Adults | | | | | | 7:00p - 8:00p | |
| PK Tech Adults | | | 8:15p - 9:15p | | | | |
| Ninja Strong Adults | | 7:15p - 8:00p | | | | | |
| Ninja Course Adults | | | | | | | 12:00p - 12:45p |
| Freerunning Adults | 11:00a - 12:00p | | | 6:45p - 7:45p | | | |
| Open Gym Adults | 12:00p - 2:00p | 7:15p - 8:00p | 8:15p - 9:15p | 6:45p - 7:45p | | 7:00p - 8:00p | 12:45p - 2:00p |
| PK Fundamentals | | | | | 8:15p - 9:00p | | |
| <p>Visit www.pinnacleparkour.com to register for a FREE class trial!</p> | | <p>Parkour (PK): Learn safety & efficiency in movement through your environment surrounded by peers & passionate coaches!</p> | <p>Freerun: Take your parkour skills, combine them with creative movement & you have Freerunning! Learn flips & tricks in a safe environment!</p> | <p>Ninja Class: 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: 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: 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> |