


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
Available for Parties, Workshops & Private Lessons!	Parkour Tots 5:00-5:30	Parkour Tots 5:00-5:30	Freerunning Kids 5:00-5:45	Parkour Tots 5:00-5:30	Games Kids 5:00-5:45	Parkour Tots 10:00-10:30
PKfit Tots 4:30-5:00	Challenge Night Kids 5:30-6:15	Parkour Kids 5:30-6:15	Open Gym Kids 5:45-6:30	Open Gym Kids 5:30-6:15	PKfit Tots 5:45-6:15	Ninja Course Kids 10:30-11:15
Parkour Kids 4:30-5:15	Ninja Strength Kids 6:15-7:00	Open Gym Kids 6:15-7:00	PKfit Tots 6:30-7:00	Open Gym Teens & Adults 6:15-7:15	Parkour Teens & Adults 6:15-7:15	Ninja Course Teens & Adults 11:15-12:00
Parkour Teens & Adults 5:15-6:15	Ninja Strength Teens & Adults 7:00-8:00	PKfit & Open Gym Teens & Adults 7:00-8:00	PKfit & Open Gym Teens & Adults 7:00-8:00	PK Fundamentals Adults 6:15-7:15	Open Gym Teens & Adults 6:15-7:15	Available for Parties, Workshops & Private Lessons!
Parkour: Learn safety & efficiency in movement through your environment surrounded by peers & passionate coaches!	Freerunning: Learn flips & tricks in a safe environment! Take your parkour skills, combine them with creative movement & you have Freerunning!	Ninja: 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!		Parkour Fundamentals: 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!	Open Gym: For the young & young at heart! Come in and train on almost all of our obstacles, with coaches present for advice & supervision!	PKfit: 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!