


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, Private Lessons, and Workshops!	<b>Parkour Tots</b> 5:30-6:00	<b>Parkour Tots</b> 4:30-5:00	<b>Parkour Kids</b> 5:00-5:45	<b>PKfit Tots</b> 5:00-5:30	<b>Games Kids</b> 5:00-5:45	<b>Ninja Course Kids</b> 10:00-10:45
	<b>Ninja Strength Kids</b> 6:00-6:45	<b>Parkour Kids</b> 5:00-5:45	<b>Parkour Tots</b> 5:45-6:15	<b>Parkour Kids</b> 5:30-6:15	<b>Open Gym Kids</b> 5:45-6:30	<b>Ninja Course Teens &amp; Adults</b> 10:45-11:45
<b>PKfit Tots</b> 5:00-5:30	<b>Ninja Strength Teens &amp; Adults</b> 6:45-7:45	<b>Open Gym Kids</b> 5:45-6:30	<b>Parkour Teens</b> 6:15-7:00	<b>Open Gym Kids</b> 6:15-7:00	<b>Parkour Tots</b> 6:30-7:00	<b>PKfit Tots</b> 11:45-12:15
<b>Freerunning Kids</b> 5:30-6:15		<b>Parkour Teens</b> 6:30-7:15	<b>Open Gym Teens &amp; Adults</b> 7:00-8:00	<b>Open Gym Teens &amp; Adults</b> 7:00-8:00	<b>Parkour Teens &amp; Adults</b> 7:00-8:00	Available for Parties,
<b>Freerunning Teens &amp; Adults</b> 6:15-7:00		<b>Open Gym Teens &amp; Adults</b> 7:15-8:15	<b>PK Fundamentals Adults</b> 7:00-8:00		<b>Open Gym Teens &amp; Adults</b> 7:00-8:00	Private Lessons, and Workshops!
<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 <b>Freerunning!</b>	<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 <b>Parkour</b> 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!