


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	PKfit Tots(3-6) 5:30-6:00	Parkour Tots(3-6) 5:30-6:00	Parkour Kids(7-11) 5:30-6:15	PKfit Tots(3-6) 5:30-6:00	PK/Ninja Speed Kids(7-11) 5:30-6:15	Ninja Course Kids(7-11) 10:00-10:45
Private Sessions	Ninja Strength Kids(7-11) 6:15-7:00	Parkour Kids(7-11) 6:15-7:00	Parkour Tots(3-6) 6:30-7:00	Parkour Kids(7-11) 6:15-7:00	Parkour Tots(3-6) 6:30-7:00	Ninja Course Teens & Adults 11:00-11:45
Birthday Parties	Ninja Strength Teens & Adults 7:15-8:00	Parkour Teens(12-16) 7:15-8:00	Open Gym Teens & Adults 7:15-8:00	Parkour Teens(12-16) 7:15-8:00	Parkour Teens & Adults 7:15-8:00	PKfit Tots(3-6) 12:00-12:30
and Workshops!		Open Gym Teens & Adults 7:15-8:00	PK Fundamentals Teens & Adults 7:15-8:00	Open Gym Teens & Adults 7:15-8:00	Open Gym Teens & Adults 7:15-8:00	Available for Parties
						Private Sessions and Workshops!
Parkour: Learn safety & efficiency in movement through your environment surrounded by peers & passionate coaches!	PK/Ninja Speed: Put your training to the test on our Parkour & Ninja courses in this time trial of fire, fury, and FUN! Come for the competition, stay for the comradery.	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 obstacle FITNESS class! Sure to earn your little one speed, power and agility!