

PARKOUR HORIZONS SUMMER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 am						Reserved for Workshops
10:45						
11:00					PRE-K Ninja Ages 3-5, 45 minutes	Reserved for Birthdays and Special Events
11:30						
12:00						
12:30						
1:00						
1:30					YOUTH OPEN GYM Ages 6-12	
2:00						
2:45					COMMUNITY PARKOUR Ages 6+	
3:00						
3:30					FREERUNNING Ages 10+	
4:00						
4:30						Reserved for Birthdays and Special Events
5:00			YOUTH OPEN GYM Ages 6-12	YOUTH OPEN GYM Ages 6-12		
5:30			YOUTH PARKOUR Ages 6-9	YOUTH PARKOUR Ages 6-9		
6:00					YOUTH OPEN GYMS Ages 6-12	
6:30						
7:00	COMMUNITY PARKOUR Ages 6+	COMMUNITY PARKOUR Ages 6+	TEEN PARKOUR Ages 10-15	TEEN PARKOUR Ages 10-15		
7:30			ADULT PARKOUR Ages 13+	ADULT PARKOUR Ages 13+		
8:00					ADULT OPEN GYMS Ages 13+	
8:30			ADULT OPEN GYM Ages 13+	ADULT OPEN GYM Ages 13+		
9:00						
9:30					Video Screening & Training 2nd and 4th Fridays of the month Ages 13+	
10:00						