

# MAIN LINE PARKOUR SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am-10am Obstacle Training	9:30am- 10:30am Toni's Tae	9:30am-10:30am Woman Warrior	9:30am- 10:30am Toni's Tae	9:30am-10:30am Woman Warrior	10am—11:15am Obstacle Training	9am-10am Tricking
9am-10am PK Conditioning	12pm-12:45pm 3 Minute Crush	11am-12pm Toddler Tumbling	12pm-12:45pm 3 Minute Crush	11am-12pm Toddler Tumbling	12pm-12:45pm 3 Minute Crush	9am-10am Free Running
10am-11am Precision Jumps	3pm-4:30pm Open Gym	2pm-2:50pm PK Kids 3-6	3pm-4:30pm Open Gym	2pm-2:50pm PK Kids 3-6	3pm-4:30pm Open Gym	10am-11am Walls & Vaulting
10am-11am Slackline Training	4:30pm-5:30pm PK1	3pm-4:30pm Open Gym	4:30pm-5:30pm PK1	3pm-4:30pm Open Gym	4:30pm-5:30pm PK1	10am-11am Raise the Bar
11am-12:15pm Ninja Warrior 17+	4:30pm-5:30pm Curriculum	4:30pm-5:30pm Little Ninja 3-9	4:30pm-5:30pm Curriculum	4:30pm-5:30pm Little Ninja 3-9	4:30pm-5:30pm Curriculum	11am-12:15pm Ninja Warrior 17+
11am-1145 Little Ninja 3-9	5:30pm-6:30pm Woman Warrior	4:30pm-5:30pm Curriculum	5:30pm-6:30pm Woman Warrior	4:30pm-5:30pm Curriculum	5:30pm-6:30pm PK1	11am-1145 Little Ninja 3-9
12:15pm-1:15pm Ninja Warrior 10-16	5:30pm-6:30pm :PK2	5:30pm-6:30pm PK1	5:30pm-6:30pm :PK2	5:30pm-6:30pm PK1	5:30-6:30pm Curriculum	12:15pm-1:15pm Ninja Warrior 10-16
1:15pm- 3pm Open Gym	5:30pm-6:30pm Curriculum	5:30pm-6:30pm Curriculum	5:30pm-6:30pm Curriculum	5:30pm-6:30pm Curriculum	6:30pm-9pm Open Gym	1:15pm- 3pm Open Gym
	6:30pm-7:30pm PK All Levels	6:30pm-7:30pm PK 2	6:30pm-7:30pm PK All Levels	6:30pm-7:30pm PK 2	:	
	6:30pm-7:30pm Ninja Warrior 17+	6:30pm-7:30pm Curriculum	6:30pm-7:30pm Ninja Warrior 17+	6:30pm-7:30pm Curriculum		
	7:30pm-9pm Open Gym	7:30pm-9pm Open Gym	7:30pm-9pm Open Gym	7:30pm-9pm Open Gym		

