



# Parkour and Freerunning Spring 2020 Schedule

ALLAMERICANGYMNASTICS.COM

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
Parkidz Level 1 (White) (55min) ages 7-10	4:15-5:10pm	7:15-8:10pm	4:15-5:10pm	5:15-6:10pm	4:15-5:10pm		
Parkidz Level 2 (Orange) (55min) ages 7-10 Evaluation required	7:15-8:10pm	5:15-6:10pm	5:15-6:10pm	4:15-5:10pm	7:15-8:15pm		
Parkour Level 1 (White) (55min) ages 11-15	6:15-7:10pm	4:00-5:00pm	6:15-7:10pm	7:15-8:10pm	6:15-7:10pm		
Parkour Level 2 (Orange) (55min) ages 11-15 Evaluation required	5:15-6:10pm	6:15-7:10pm	7:15-8:10	6:15-7:10pm	5:15-6:10pm		
Adult Parkour 16+		8:15-9:15pm		8:15-9:15pm	8:15-9:15pm		