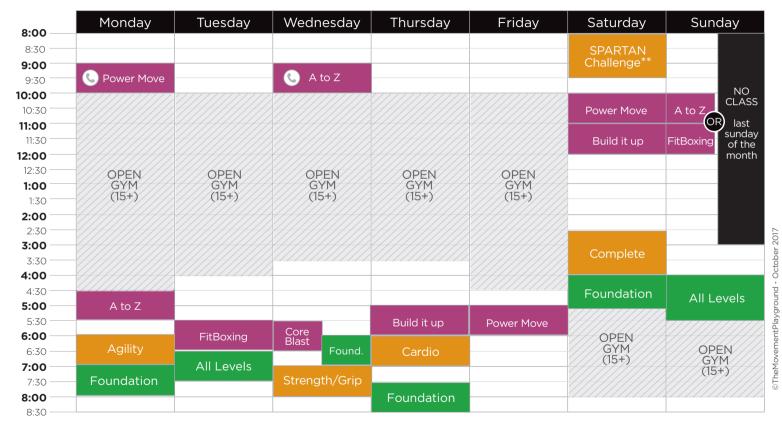
## SCHEDULE - ADULTS









SPARTAN Challenge

\*\*1st and 3rd Saturday of the month **only** 





## SCHEDULE - KIDS & TEENS NINJA (Parkour)





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		<u> </u>					_
9:30							
0:00						VIDC	VIDC
10:30						(IDS 6-8 y.o	6-8 6-8
1:00							U)K
11:30						KIDS 9-11 y.o	SIDS 9-11 King &
2:00						<b>5</b> 11 J15	9-11 KIDS &
12:30							Monthly
1:00 —							Obstacl
1:30 ——						Terms	Course*
2:00 —						TEENS 12-15 y.o	KIDS 8-11
2:30 ——						12 13 y.0	(OR)
3:00 —							TEENS 12-15
3:30 ——			Vanc	1/200			12 13
4:00 —		VIDC	(IDS 6-8 y.o	KIDS 9-11 y.o			
4:30 ——	VIDC	KIDS 9-11 y.o	0-8 y.0		VIDE		
5:00	6-8 y.o King		Tanus	KIDS 6-8 y.o	KIDS 6-11 y.o		
5:30 ——	1/1/1	KIDS	TEENS 12-15 y.o	0-0 y.0	0-11 y.0		
6:00 —	9-11 y.o	6-8 y.o	12-15 y.0				
6:30 ——					Freerunning/		
7:00					Freerunning/ Tricking Jam		
7:30 ——					13+ y.o		
3:00							
8:30							
0:00							

\*\*Last sunday of the month

