

# SCHEDULE - ADULTS



**WARRIOR**  
(Functional  
Training)



**PARKOUR**



**OBSTACLE  
COURSE  
TRAINING (O.C.T.)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00						SPARTAN Challenge**	
8:30							
9:00	☎ Power Move		☎ A to Z				
9:30							
10:00						Power Move	A to Z
10:30							
11:00						Build it up	FitBoxing
11:30							
12:00							
12:30	OPEN GYM (15+)	OPEN GYM (15+)	OPEN GYM (15+)	OPEN GYM (15+)	OPEN GYM (15+)		
1:00							
1:30							
2:00							
2:30							
3:00						Complete	
3:30							
4:00							
4:30						Foundation	All Levels
5:00	A to Z			Build it up	Power Move		
5:30		FitBoxing	Core Blast				
6:00	Agility		Found.	Cardio		OPEN GYM (15+)	OPEN GYM (15+)
6:30		All Levels					
7:00	Foundation		Strength/Grip				
7:30				Foundation			
8:00							
8:30							

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**SPARTAN Challenge**

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



Booking only



**THE MOVEMENT  
PLAYGROUND**

# SCHEDULE - KIDS & TEENS



**NINJA**  
(Parkour)



**OBSTACLE  
COURSE  
TRAINING (O.C.T.)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00							
9:30							
10:00						KIDS 6-8 y.o.	KIDS 6-8
10:30						KIDS 9-11 y.o.	KIDS 9-11
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00						TEENS 12-15 y.o.	KIDS 8-11
2:30							
3:00							TEENS 12-15
3:30							
4:00			KIDS 6-8 y.o.	KIDS 9-11 y.o.			
4:30	KIDS 6-8 y.o.	KIDS 9-11 y.o.		KIDS 6-8 y.o.	KIDS 6-11 y.o.		
5:00		KIDS 6-8 y.o.	TEENS 12-15 y.o.				
5:30							
6:00							
6:30							
7:00					Freerunning/ Tricking Jam 13+ y.o.		
7:30							
8:00							
8:30							
9:00							

OR

OR

KIDS &  
TEENS  
Monthly  
Obstacle  
Course\*\*

Monthly Obstacle Course

\*\*Last sunday of the month



THE MOVEMENT  
PLAYGROUND