

CLASS OPTIONS

PEE WEE PARKOUR
(ages 3 - 4)
Monday 9am - 30 mins
Monday 9.30am - 30 mins
Wednesday 9am - 30 mins
Wednesday 9.30am - 30 mins

JUMP START
Ages 4+
Thursday 3.30pm - 45 mins

MINI PRODIGY
(ages 5 - 7)
Monday 3.30pm - 45 mins
Monday 4.20pm - 45 mins
Tuesday 3.30pm - 45 mins
Wednesday 3.30pm - 45 mins
Wednesday 4.20 - 45 mins
Thursday 4.20pm - 45 mins

PRE PRODIGY
(ages 9 - 11)
Monday 5.10pm - 45 mins
Tuesday 5.00pm - 45 mins
Wednesday 5.10pm - 45 mins
Thursday 5.10pm - 45 mins

PRODIGY:
(ages 12 - adult)
Wednesday 6pm - 45 mins
Thursday 6pm - 45 mins

ELITE:
Tuesday 6pm - 45 mins

PRIVATE 1 ON 1:
(any age)
Monday 6pm - 30 mins
Tuesday 4.30pm - 30 mins



Fun, functional
fitness
for all ages

Improve balance,
meet new friends,
increase motor skills,
build coordination
with experienced
fun coaches

EVENT DISPLAYS
EVENT WORKSHOPS
SCHOOL PROGRAMS



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ACADEMY

PARKOUR/ FREERUNNING

