

Miami Freerunning & Parkour Academy

(305) 9940-7557 8284 NW 66 St Miami, FL 33166 www.MiamiFR.com

| <u>Sunday</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | |
|---|---|----------------|---|---|---|---|---|
| <p><u>Parkour:</u> Precisions</p> <p><u>Freerunning:</u> Basic Flipping</p> |  | | | 1 | 2 | ● 3 Parkour Testing by apt. Next test September 7th. | 4 |
| <p><u>Parkour :</u> 5 Vaults & Walls</p> <p><u>Freerunning:</u> Wall Tricks</p> | 6 | 7 | ● 8 Freerunning Test Next test September 4th. | 9 | 10 | 11 | |
| <p>Summer Camp Session 6: "Self-Discipline"</p> | | | | | | |  |
| <p><u>Parkour:</u> 12 Bars</p> <p><u>Freerunning:</u> Tumbling</p> | 13 | 14 | 15 | 16 | 17 | 18 | |
| <p>Summer Camp Session 7: "Future Coach"</p> | | | | | | | |
| <p><u>Parkour:</u> 19 Review</p> <p><u>Freerunning:</u> Bars</p> |  | | 21 | 22 | 23 | 24 | 25 |
| | | | Homeschool Class NEW at 12:30pm | Let's get back at it homeschool class. See ya at 12:30pm! | Day Camp September 19th Don't worry parents, we got u! | | |
| <p><u>Parkour:</u> 26 Precisions</p> <p><u>Freerunning:</u> Twisting & Spinning</p> | 27 | 28 | 29 | 30 | 31 | Phosky Challenge Jam at MFR September 20th. You don't want to miss this. | |