




Miami Freerunning & Parkour Academy

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Be ready to THROW-DOWN!</i></p>				1	● 2 Parkour Level Testing	3
<p><i>Review</i> 4</p> <p>Register for Throwdown Jam 20-18</p>	5	● 6 Freerunning Level Testing	7	8	9 Jam Out w/ your fellow competitors	10 Throwdown Jam!  ~Be Brilliant
<p><i>Precisions</i> 11</p> <p>Max Henry Workshop Challenge</p>	12	13	14 Happy V-Day bring a loved one to Open Gym FREE 	15	16	17
<p><i>Vaults &amp; Walls</i> 18</p>	19 No School Day Camp	20	21	22	● 23 Make an apt Parkour Test March 2nd	● 24 Freerunning Testing class March 6th
<p><i>Bar Work</i> 25</p>	26	 <p>27 Spring Break Camp coming March 26-30</p>	28 	<p><b>February 20-18</b></p> <p><i>Time To Throw-down!</i></p>		