

Miami Freerunning & Parkour Academy
8284 NW 66 St. (305) 994-7557

Time	Monday	Tuesday	Wednesday	Thursday
11:30am to 12:30pm			Homeschool: Kid's Parkour	
12:30pm to 1:30pm			Homeschool: Youth Parkour	
1:30pm to 2:30pm				
2:30pm to 3:30pm				
3:30pm to 4:30pm				
4:30pm to 5:30pm	Kid's Parkour Skills	Kid's Flipping	Kid's Parkour Skills	Kid's Freerunning
5:30pm to 6:30pm	Level 1 Parkour Skills	Level 1 Flipping	Level 1 Parkour Skills	Level 1 Freerunning
6:30pm to 7:30pm	Levels 2 & 3 Parkour Skills	Levels 2 & 3 Flipping	Levels 2 & 3 Parkour Skills	Levels 2 & 3 Freerunning
7:30pm to 8:30pm	Level 1 Parkour Skills	Level 1 Flipping	Level 1 Parkour Skills	Level 1 Freerunning
8:30pm to 10:00pm	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym

Time	Friday	Saturday	Sunday
10:00am to 11:00am		Intro Class	Birthday Parties Jams once per month
11:00am to 12:00pm		Kid's Parkour	
12:00pm to 1:00pm		Kid's Open Gym	
1:00pm to 2:00pm		Youth (10-15) Speed/Obstacle Courses	
2:00pm to 3:00pm		Youth Open Gym	
3:00pm to 4:00pm	Kid's Open Gym	Adult (16 & up)	
4:00pm to 5:00pm		Open Workout/Open Gym	
5:00pm to 6:00pm			
6:00pm to 7:00pm		Birthday Parties	
7:00pm to 8:00pm	Adult Open Gym		
8:00pm to 9:00pm			