

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

Time	Monday	Tuesday	Wednesday	Thursday	Time	Friday	Saturday	Sunday
					10:00am to 11:00am		Intro Class (ages 9+)	Birthday Parties & Special Events
					11:00am to 12:00pm		Kid's Parkour	
12:30pm to 1:30pm		Homeschool Parkour	Homeschool Parkour		12:00pm to 1:00pm		Kid's Open Gym	
1:30pm to 2:30pm					1:00pm to 2:00pm		PK / Speed Courses	
2:30pm to 3:30pm					2:00pm to 3:00pm		Youth Open Gym	
3:30pm to 4:30pm					3:00pm to 4:00pm		Adult Open Gym	
4:30pm to 5:30pm	Kid's Parkour Skills	Kid's Flipping	Kid's Parkour Skills	Kid's Freerunning	4:00pm to 5:00pm	Kids / Youth Open Gym		
5:30pm to 6:30pm	Level 1 Parkour Skills	Level 1 Flipping	Level 1 Parkour Skills	Level 1 Freerunning	5:00pm to 6:00pm		Birthday Parties	
6:30pm to 7:30pm	Levels 2 & 3 Parkour Skills	Levels 2 & 3 Flipping	Levels 2 & 3 Parkour Skills	Levels 2 & 3 Freerunning	6:00pm to 7:00pm			
7:30pm to 8:30pm	Level 1 Parkour Skills	Level 1 Flipping	Level 1 Parkour Skills	Level 1 Freerunning	7:00pm to 8:00pm	Adult Open Gym		
8:30pm to 10:00pm	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	8:00pm to 9:00pm			

Level Testing dates:

- Freerunning Test: the first Tuesday of every month, in class
- Parkour Test: the first Friday of every month, by appointment

Kid's = ages 5 to 8

Youth = ages 9 to 14

Adults = ages 15 & up