



**Miami Freerunning & Parkour Academy**  
 8284 NW 66th Street, Miami, FL 33166 -- 305-994-7557  
 www.miamifr.com -- miamifreerunning@gmail.com

**Schedule for June 11 through August 17, 2018**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am to 3:30pm	Summer camp	Summer camp	Summer camp	Summer camp	Summer camp
3:30pm to 4:30pm	Camp After Care	Camp After Care	Camp After Care	Camp After Care	
4:30pm to 5:30pm	Kid's Parkour Skills	Kid's Flipping	Kid's Parkour / Speed Courses	Kid's Freerunning	Kid's Open Gym (4:00pm to 6:00pm)
5:30pm to 6:30pm	Level 1 Parkour Skills	Level 1 Flipping	Level 1 Parkour / Speed Courses	Level 1 Freerunning	
6:30pm to 7:30pm	Levels 2 & 3 Parkour Skills	Levels 2 & 3 Flipping	Levels 2 & 3 Parkour / Speed Courses	Levels 2 & 3 Freerunning	Adult Open Gym (6:00pm to 9:00pm)
7:30pm to 8:30pm	Level 1 Parkour Skills	Level 1 Flipping	Level 1 Parkour / Speed Courses	Level 1 Freerunning	
8:30pm to 10:00pm	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	

Time	Saturday	Sunday
10:00am to 11:00am	<b>INTRO CLASS</b>	Birthday Parties  Jams once per month
11:00am to 12:00pm	Kid's (5-9) 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	Adult's Open Gym	
4:00pm to 5:00pm		
5:00pm to 6:00pm	Birthday Parties	
6:00pm to 7:00pm		
7:00pm to 8:00pm		
8:00pm to 9:00pm		