



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> Vaults & Walls</p> <p><u>Freerunning:</u> Basics</p>		<p>1</p> <p><i>Gym Closed!</i></p> <p><i>Happy New Year!</i></p>	<p>2</p>	<p>3</p> <p><i>Freerunning Test</i></p> <p><u>Next testing:</u> <u>February 7th</u></p>	<p>4</p> <p><i>Parkour Testing</i></p> <p><u>Next testing:</u> <u>February 1st</u></p>	<p>5</p>
<p>6</p> <p><u>Parkour:</u> Bars</p> <p><u>Freerunning:</u> Wall Tricks</p>	<p>7 8 9 10 11</p> <p>It's about that time where MFR is getting ready to Throw-Down! Mark your calendars for the weekend of <u>February 9- 10th</u> It's going to be nothing less than awesome!</p>  					<p>12</p> <p>National Ninja League Competition January 12 & 13</p>
<p>13</p> <p><u>Parkour:</u> Review</p> <p><u>Freerunning:</u> Tumbling</p>	<p>14</p>	<p>15</p> <p></p> <p>Come to class to prep for the Throwdown!</p>	<p>16</p>	<p>17</p>	<p>18</p>	
<p>20</p> <p><u>Parkour:</u> Precisions</p> <p><u>Freerunning:</u> Bars</p>	<p>21</p>		<p>23</p>	<p>24</p>	<p>25</p> <p>Register for the Throwdown Competition February 9th!</p> 	<p>26</p>
<p>27</p> <p><u>Parkour:</u> Vaults & Walls</p> <p><u>Freerunning:</u> Twisting & Spinning</p>	<p>28</p> <p></p>	<p>29 30</p> <p>All week classes will be dedicated to getting students prepared for the Throwdown Competition.</p>			<p></p>	