

PARKOUR

"Where obstacles become opportunities!"

Our classes are designed to build your child's strength, self-awareness, confidence and coordination, which will increase their performance in all other physical activities and sports.

Students will have the opportunity to enjoy activities including flipping, climbing, jumping, obstacles course racing, as well as other physical challenges in an upbeat and positive atmosphere.

Students will learn to move and overcome obstacles in front of them not just for today but for *life*.



MACH 1 (Ages 3 1/2–5 1/2) 40 min. classes: \$96/mo 1x/wk, \$167/mo 2x/wk, \$226/mo 3x/wk

THURSDAY 12PM, 3PM

FRIDAY 2PM

SATURDAY 3PM

MACH 2 (Ages 5 1/2–7) 50 min. classes: \$113/mo 1x/wk, \$192/mo 2x/wk, \$260/mo 3x/wk

MONDAY 4:45PM, 5:15PM

TUESDAY 4:15PM

WEDNESDAY 5:15PM, 6:30PM

FRIDAY 3PM

SATURDAY 3PM

SUNDAY 2PM

BASICS (Ages 7 & up) 60 min. classes: \$146/mo 1x/wk, \$252/mo 2x/wk, \$345/mo 3x/wk

MONDAY 6:30PM, 7:45PM

TUESDAY 3PM, 6:30PM

WEDNESDAY 7:30PM

THURSDAY 6PM

FRIDAY 4PM, 5PM, 7:45PM

SATURDAY 12PM, 1:15PM, 3:45PM, 4PM

SUNDAY 2PM, 3:10 PM

INTERMEDIATE/ADVANCED (Skill based) 60 min. classes: \$146/mo 1x/wk, \$252/mo 2x/wk

MONDAY 4:45PM, 7:45PM

TUESDAY 7:45PM

WEDNESDAY 7:45PM

FRIDAY 6:30PM

SUNDAY 4:30PM

All classes are co-ed!



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