

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, obstacle 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: \$99/mo 1x/wk, \$172/mo 2x/wk, \$233/mo 3x/wk

TUESDAY 5:10PM **THURSDAY** 12PM, 3PM **FRIDAY** 2PM **SATURDAY** 2:15PM, 3PM

MACH 2 (Ages 5 1/2–7) 50 min. classes: \$117/mo 1x/wk, \$199/mo 2x/wk, \$270/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: \$150/mo 1x/wk, \$259/mo 2x/wk, \$355/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: \$150/mo 1x/wk, \$259/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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