

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 1PM

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 1PM, 2PM

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 3:15PM

All classes are co-ed!



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