

Fusion Parkour Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Closed							
6am			PK HIIT w/ Jennifer, 6am -		PK HIIT w/ Jennifer, 6am -			
7am			PK HIIT w/ Jennifer, 7am -		PK HIIT w/ Jennifer, 7am -			
8am							PK HIIT w/ Jennifer, 8am -	
9am							Yoga for Balance w/ Jennifer 9am - 9:45am	
10am							Parkidz - Red Parkidz - Yellow	
11am			HAFH - Homeschool 11am - 11:45am		HAFH - Homeschool 11am - 11:45am		Adults 11am - 12pm	
12pm				Power Flow Yoga w/		Power Flow Yoga w/	Fusion Family 12:15pm - 1pm	
1pm							Teens 1:15pm - 2pm	
2pm							Open Training 2pm - 3:30pm	
3pm								
4pm			Parkidz - Yellow 4:15pm - 5pm	Teens 4:15pm - 5pm	Parkidz - Red 4:15pm - 5pm	Open Training 4pm - 5:30pm	Yoga for Flexibility w/ Jennifer	PK Trickz w/ AJ - coming soon 4pm - 4:45pm
5pm			Parkidz - Red 5:15pm - 6pm	Parkidz - Yellow 5:15pm - 6pm	Teens 5:15pm - 6pm			
6pm			Teens 6:15pm - 7pm	Parkidz - Red 6:15pm - 7pm	Parkidz - Yellow 6:15pm - 7pm	Demo Team Practice 5:30pm - 7pm		
7pm			Adults 7:15pm - 8:15pm	Adults 7:15pm - 8:15pm	Adults 7:15pm - 8:15pm			
8pm								