



**VORTEX FREERUNNING
2023**

**7260 BELLAIRE AVE
NORTH HOLLYWOOD, CA**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00							
10:00						Level 3 & 4 Parkour Kids (Ages 9-15) 10:00 – 11:00 (SIGN UPS OPEN)	
11:00						Level 1 & 2 Parkour Kids (Ages 9-15) 11:00 – 12:00	COMPETITION TEAM PRACTICE 11:00 – 1:00
12:00						JrKour (Age 6-8) 12:00 – 1:00	
1:00						Kidkour (Age 4-5) 1:00 – 2:00	JrKour (Age 6-8) 1:00 – 2:00
2:00						KIDS OPEN GYM AGES 6+ 2:00 – 4:00	Level 1 & 2 Parkour Kids (Ages 9-15) 2:00 – 3:00
3:00		Prekour (Age 4-5) 3:00 – 4:00		Prekour (Age 4-5) 3:00 – 4:00			KIDS OPEN GYM AGES 6+ 3:00 – 5:00
4:00	JrKour (Age 6-8) 4:00 – 5:00	JrKour (Age 6-8) 4:00 – 5:00	JrKour (Age 6-8) 4:00 – 5:00	JrKour (Age 6-8) 4:00 – 5:00	JrKour (Age 6-8) 4:00 – 5:00		
5:00	JrKour (Age 6-8) 5:00 – 6:00	JrKour (Age 6-8) 5:00 – 6:00	JrKour (Age 6-8) 5:00 – 6:00	JrKour (Age 6-8) 5:00 – 6:00	Level 1 & 2 Parkour Kids (Age 9-15) 5:00 – 6:00		
6:00	Level 1 & 2 Parkour Kids (Ages 9-15) 6:00 – 7:00	Level 1 & 2 Parkour Kids (Ages 9-15) 6:00 – 7:00	Level 1 & 2 Parkour Kids (Ages 9-15) 6:00 – 7:00	Level 1 & 2 Parkour Kids (Ages 9-15) 6:00 – 7:00	KIDS OPEN GYM AGES 6+ 6:00 – 8:00		
7:00	Level 3 & 4 Parkour Kids (Ages 9-15) 7:00 – 8:00	Level 3 & 4 Parkour Kids (Ages 9-15) 7:00 – 8:00	Level 3 & 4 Parkour Kids (Ages 9-15) 7:00 – 8:00	Level 3 & 4 Parkour Kids (Ages 9-15) 7:00 – 8:00			
8:00	Martial Arts Tricking 8:00 – 9:00	Level 1-3 Parkour Adults 8:00 – 9:00	Martial Arts Tricking 8:00 – 9:00	Level 1-3 Parkour Adults 8:00 – 9:00	Level 1-3 Parkour Adults 8:00 – 9:00		
9:00							
10:00							
11:00							

CLASSES AND OPEN GYMS SCHEDULING SUBJECT TO CHANGE

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