



LIFEKOUR

ACADEMY

FALL GYM SCHEDULE

UPDATES: www.LIFEKour.org

- HEALTHY FUN FITNESS FOR ALL AGES & ABILITIES -

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00am	Before-School Enrichment 7-8:55am	Before-School Enrichment 7-8:55am	Before-School Enrichment 7-8:55am	Before-School Enrichment 7-8:55am	Before-School Enrichment 7-8:55am	Whoa! 1 st Friday of each month is FREE!		
8:30am	*Pre-registration Required	*Pre-registration Required	*Pre-registration Required	*Pre-registration Required	*Pre-registration Required			
9:30am					Toddler Open Gym (5 years & under) 9:30-11am			
10:30am								
11:30am						Kettlebell Ath. 11am-12pm	BOOK YOUR AWESOME PRIVATE EVENT, TRAINING OR BIRTHDAY PARTY!	
12:30pm						Open Gym - All Ages 11am-2pm		
1:30pm		Home School NinjaKour	Home School NinjaKour	Home School NinjaKour				
2:30pm		1:30-3:30pm Class & Open-Gym	1:30-3:30pm Class & Open-Gym	1:30-3:30pm Class & Open-Gym			Book Your Birthday Party or Private Event Today! Saturdays: 2-4pm or 3:30-5:30pm Sundays: special bookings available Includes Party Room & Gym. CALL TODAY! #833-568-7474	
3:30pm	Open Gym All Ages 3:30-4:30pm	Open Gym All Ages 3:30-4:30pm	Open Gym All Ages 3:30-4:30pm	Open Gym All Ages 3:30-4:30pm	Open-Gym 3:30-5:30pm			
4:30pm	Begin/Interm. Parkour	Advanced Parkour	Youth NinjaKour 4:30-5:30pm	Begin/Interm. Parkour	Advanced Parkour	Youth NinjaKour 4:30-5:30pm		Flip & Freestyle 4:30-5:30pm
5:30pm								
6:30pm								
7:30pm								

1st Friday/month
Parents Night Out
5:30-9:30pm

You are a complex neurological organism that learns and refines skills through movement. All data that enters the brain is through the senses, and every sense is activated by movement. It is not just any movement, but how you move that matters.

Move Better – Feel Better – Live Better

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