



# LIFEKOUR

ACADEMY

## FALL GYM SCHEDULE

Revised New Schedule Starts 8/28/23.

\*Exception: Toddler Open Gym Starts Sept. 1<sup>st</sup> with a Free Day!

- HEALTHY FUN FITNESS FOR ALL AGES & ABILITIES -

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am						
9am					Toddler Open Gym (5 years & under) 9:30-11am	Open Gym 9am-12pm
10am			Homeschool NinjaKour			
11am			Open Gym & Class 10am-12pm			
12pm						<b>BOOK YOUR PARTY TODAY!</b>  <u>Saturdays</u> 12:00-2:00pm 1:45-3:45pm 3:30-5:30pm  Includes Gym & Party Zone!  Call or Email <b>#833-568-7474</b> <a href="mailto:info@lifekour.org">info@lifekour.org</a>  <i>Inquiries about adding additional time or customized parties are welcome!</i>
1pm						
2pm						
3pm	Open Gym 2:45-4pm	Open Gym 2:45-4pm	Open Gym 2:45-4pm	Open Gym 2:45-4pm	Fun Friday! Open-Gym	
4pm	Youth Parkour 4-5pm ~ 5-13 yrs old	NinjaKour 4-5pm	Youth Parkour 4-5pm ~ 5-13 yrs old	NinjaKour 4-5pm	2:45-5pm	
5pm	Parkour Level 3+ 5-6pm		Parkour Level 3+ 5-6pm		1 <sup>st</sup> Friday/month Parents Night Out 5:00-9:00pm 5-13 yrs old Pizza, Games, Ninja Fun!	
6pm						

Offered Sept.-May  
1<sup>st</sup> Friday of each  
month is FREE!

*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

LIFEKour Academy is a Program of Eudaimonia HFC [www.LIFEKour.org](http://www.LIFEKour.org) #833-568-7474 [info@lifekour.org](mailto:info@lifekour.org)

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