



|           | Monday | Tuesday | Wednesday                                | Thursday | Friday | Saturday | Sunday                               |
|-----------|--------|---------|--|----------|--------|----------|--------------------------------------|
| Morning   |        |         |  |          |        |          |                                      |
|           |        |         |  |          |        |          |                                      |
| Afternoon |        |         | <b>Kids Basics</b><br>4:00-5:30 pm       |          |        |          |                                      |
|           |        |         | <b>Kids Intermediate</b><br>5:30-7:00 pm |          |        |          | <b>First Timers</b><br>3:30-4:30 pm  |
|           |        |         | <b>Open Session</b><br>7:00-8:00 pm      |          |        |          | <b>Adults Basics</b><br>4:30-6:00 pm |

[www.newcastleparkour.comm/classes](http://www.newcastleparkour.comm/classes)

- Green = Basics (all skills levels)
- Orange = Intermediate
- Red = Advanced