



Term one 2019 timetable (29th Jan – 7th April 2019)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning			Outdoor kids basics homeschool 9:00-10:30 am				
			Outdoor kids intermediate homeschool 10:30-12:00 pm				
Afternoon			Kids Basics homeschool (7-10yrs old) 12:45-2:00 pm				Outdoor kids/adults intermediate 1:30-3:00 pm
		Women's basics 4:00-5:30 pm	Kids Basics 4:00-5:30 pm	Outdoor kids/adults intermediate 4:30-6:00 pm			First Timers 3:30-4:30 pm
		Kids Basics 5:30-7:00 pm	Kids Intermediate 5:30-7:00 pm	Parkour Strength and conditioning (outdoors) 6:00-7:30 pm			Adults basics 4:30-6:00 pm
			Open Session 7:00-8:00 pm				Outdoors advanced 6:30-8:00 pm
<ul style="list-style-type: none"> Green = Basics (all skills levels) Orange = Intermediate Red = Advanced (invitation only) 				<p>Private classes available! For more information and to book please visit www.newcastleparkour.com/classes</p>			