

Forge Parkour Schedule

www.forgeparkour.com (503) 477-8209

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
9:00						Parkour 1	Family Open Gym (3-6)		
10:00						Parkour 2	Parkour 1		
11:00			Family Open Gym (3-6)		Family Open Gym (3-6)	Parkour 1 (3-6)	Parkour Fit (13+)	Intro to Parkour	
12:00							Parkour 1 (13+)	Parkour 2	
1:00	Home School Parkour 1					Games	Games		
2:00	Home School Open Gym					Parkour 1	Open Gym		
3:00		Open Gym	Open Gym			Open Gym	Flips	Intro to Parkour	
4:00	Games			Flips	Flow	Parkour 1	Parkour 1	Open Gym	
5:00	Parkour 1	Parkour 1	Parkour 1	Intro to Parkour	Parkour 2	Parcours	Private Events	Private Events	
6:00	Parcours	Parkour Fit (13+)	Open Gym		Parkour Fit (13+)	Intro to Parkour			Parkour 1
7:00	Parkour 1 (13+)	Parkour 2	Parkour 3	Parkour 1 (13+)	Parkour 2 (13+)	Parkour 1 (13+)	Parkour 2 (13+)	Parkour 2	Flips (13+)
8:00	Open Gym	Open Gym (13+)	Open Gym (13+)	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym (13+)	
9:00									
10:00									

All classes and open gyms are 7+ unless otherwise states. Effective October 2017