

# FREERUN

MAIN: 905 812 5240 | 6593 KITIMAT RD, #2, MISSISSAUGA, L5N 4J4 | WWW.FREERUNINC.COM

HOURS: Mon - Thur 06:00am - 10:00pm · Fri 06:00am - 8:30pm · Sat & Sun 09:00am - 02:00pm

## CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Obstacle		
7:15AM	Stamina		Stamina				
10AM						Boxing Beat Down *Members only*	Ninja Jam
11AM						Stamina	Obstacle
12PM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Obstacle	Obstacle	Stamina
5:15PM	Strength Upper Body	Strength Lower Body	Obstacle	Strength Upper Body	Strength Lower Body		
6:15PM	Obstacle	Stamina	Stamina	Stamina	Stamina		
6:30PM				Ninja Jam			
7:30PM	Strength Upper Body	Strength Lower Body	Obstacle	Strength Upper Body	Strength Lower Body		
8:30PM	Obstacle	Stamina	Stamina	Stamina			

### SPECIAL CONSIDERATIONS:

**BOXING BEAT DOWN:** Dec 8, 15, 22, 29th - 10am classes run by Rohan & will be a special Boxing class! (MEMBERS ONLY)

**CLOSED DAYS:** 16 Dec, 25 & 26 Dec, 1st Jan 2019

**SPECIAL HOURS:** Monday 24 & 31 Dec - 6AM-2PM. Extra Stamina class added at 1pm.

\* All classes are 60 min unless otherwise specified