

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		
10AM						Beat Down *Members only*	Ninja Jam
11AM						Stamina	Obstacle
12PM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Obstacle	Obstacle	Stamina
1PM	Stamina		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	Boxing	Strength Upper Body	Strength Lower Body		
8:30PM	Obstacle	Stamina	Stamina	Stamina			

SPECIAL CONSIDERATIONS:

OPEN HOUSE: 12 Jan 08:30-2pm, Special schedule running

- sample classes every hour from 9am
- giveaways
- Free week trial for ALL guests attending

* All classes are 60 min unless otherwise specified