

# 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		10 AM Choices Ninja Jam OR Boxing
10AM						Beat Down *Members only*	
11AM						Stamina	OCR
12PM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Obstacle	Obstacle	Stamina
1PM	Stamina	Strength Full Body	Stamina	Boxing	Strength Full Body		
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			

<p><b><u>SPECIAL</u></b> <b><u>CONSIDERATIONS:</u></b></p>	<p><b>SUNDAY, 17 MARCH - Ninja Free Play Day - Try out the Ninja rig &amp; Obstacles for FREE</b></p> <ul style="list-style-type: none"> <li>- does NOT include participation in classes</li> <li>- special class schedule running for members ONLY</li> <li>- Waiver required for ALL participants (14yrs &amp; up)</li> </ul> <p>* All classes are 60 min unless otherwise specified</p>
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