

# 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 Options Ninja Jam OR Boxing
10AM						Beat Down *Members only*	
11AM						Stamina	OCR *Members only*
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	Boxing	Strength Upper Body	Strength Lower Body		
6:15PM	Obstacle	Stamina	Strength Full Body	Stamina	Obstacle		
6:30PM				Ninja Jam			
7:30PM	Strength Upper Body	Strength Lower Body	Boxing	Strength Upper Body	Strength Lower Body		
8:30PM	Obstacle	Stamina	Strength Full Body	Stamina			

<b>SPECIAL CONSIDERATIONS:</b>	<p><b>NO BOXING CLASS - 16 &amp; 23 JUNE</b></p> <p><b>NO NINJA JAM CLASS - 27 JUNE</b></p> <p>REMEMBER - only CLEAN INDOOR shoes permitted!</p> <p>* All classes are 60 min unless otherwise specified</p>
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