

FREERUN

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

HOURS: Mon - Thur 06:00am - 9:30pm · Fri 06:00am - 8:30pm · Sat & Sun 09:00am - 01:00pm

CLASS SCHEDULE

TIME ↓	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME ↓	SATURDAY	SUNDAY
6AM	Strength Upper Body	Stamina	Strength Lower Body	Stamina	Obstacle	9AM		Mobility Flow
10AM						10AM	Strength	Ninja Jam OR Boxing
11AM						11AM	Stamina	OCR *Members only*
12PM	Strength Upper Body	Strength Lower Body	Stamina	Strength Upper Body	Strength Lower Body	12PM	Obstacle OR Mobility Flow	Stamina
1PM	Stamina	Boxing	Stamina	Boxing	Stamina	<p><i>* Classes are 60 min</i></p> <p><i>* Open Gym when classes not running</i></p> <p><i>* Classes have priority for space & equipment</i></p>		
5:15PM	Strength Upper Body	Strength Lower Body	Boxing	Strength Upper Body	Strength Lower Body			
6:15PM	Obstacle	Stamina	Obstacle	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				
N E W S	<p>Members:</p> <p>Have you joined the "FreeRun Gym Members Facebook" group yet?</p>				<p>Media Club: Do you have a book you've read & loved that you think other members would enjoy? Now taking donations for FR's Library.</p>			