



LIFE KOUR

A C A D E M Y

SUMMER SCHEDULE

Visit *Live Schedule* @ www.LIFEKour.org

~ CLASSES FOR EVERYONE ~

~ FREE TRIAL CLASS FOR NEW STUDENTS ~

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30am	SUNRISE FITNESS 6-7am		SUNRISE FITNESS 6-7am		SUNRISE FITNESS 6-7am				
7:30am									
8:30am	Acro Foundations 8-9am			Acro Foundations 8-9am			Ashtanga Vinyasa Yoga 8-9:15am		
9:30am	Fun Family Fitness 9:30-10:30am				FREE Toddler Open Gym (4yrs & under) 9:30-11am		Family Acro		
10:30am					Fun Family Fitness 11:15-12:15pm	Youth NinjaKour 10:30-11:30am	OCR Training 10:30-11:30am		
11:30am						Open Gym All Ages 11:30am-1:30pm	Open Gym All Ages 11:30am-1:30pm		
12:30pm									
1:30pm						Teen NinjaKour 1:30-2:30pm			
2:30pm						Birthdays & Private Events Book your child or adult party, school trip, corporate retreat, wedding, spiritual gathering, or reunion. Weekends and mid-week options. Call for Details!			
3:30pm	Open Gym All Ages 3-4:30pm	Open Gym All Ages 3-4:30pm	Open Gym All Ages 3-4:30pm	Open Gym All Ages 3-4:30pm	Open Gym All Ages 3-4:30pm				
4:30pm	Teen NinjaKour 4:30-5:30pm	Boxing 4:30-5:30pm	Youth NinjaKour 4:30-5:30pm	Intro Running 4:30-5:30pm	Teen NinjaKour 4:30-5:30pm			Youth NinjaKour 4:30-5:30pm	Intro Running 4:30-5:30pm
5:30pm	Open Gym Jam 5:30-6:30pm	Gymnastics FUNDamentals 5:30-7pm	Open Gym Jam 5:30-6:30pm	Gymnastics FUNDamentals 5:30-7pm	WORKSHOPS 1 st Fridays Parents Night Out 6-9pm 2 nd Fridays Sip-n-Swing Aerial 6-8pm				
6:30pm									
7:30pm									

**Fun & Unique
Youth & Teen Camps
June-August
Register Today!**