

BREAK THE BARRIERS | GYMNASTICS

Parkour

Get ready to flip, run, climb, and test your skills at Break the Barriers parkour class!

Parkour Class Fee: \$65

Ages 6+

MONDAYS 5PM - 6PM
TUESDAYS 1PM - 2PM
TUESDAYS 2PM - 3PM
THURSDAYS 3PM - 4PM (INTERMEDIATE)
THURSDAYS 4PM - 5PM
FRIDAY 4PM - 5PM
FRIDAY 5PM - 6PM

Ages 3-5yrs.

MONDAYS 10AM - 11AM
TUESDAYS 9AM - 10AM
WEDNESDAYS 9AM - 10AM
THURSDAYS 9AM - 10AM
FRIDAYS 10AM - 11AM

Tricking

WITH COACH JIMMY

Break the Barriers is excited offer a Tricking class that gives students a new and exciting way to work out! Tricking, made popular by Instagram trickers, combines gymnastics, break-dancing, kicks and flips.

Requirements:

Ages 6+ and must have a roundoff

WEDNESDAY 5PM - 6PM
WEDNESDAY 6PM - 7PM

Tricking Class Fee: \$65

