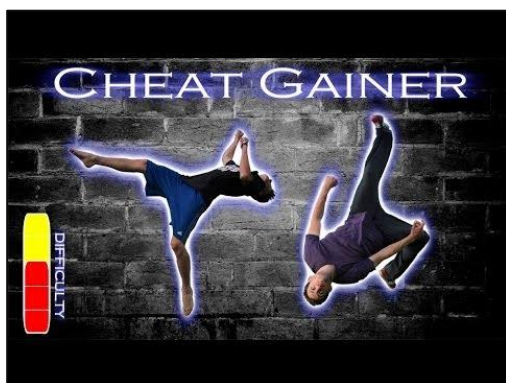
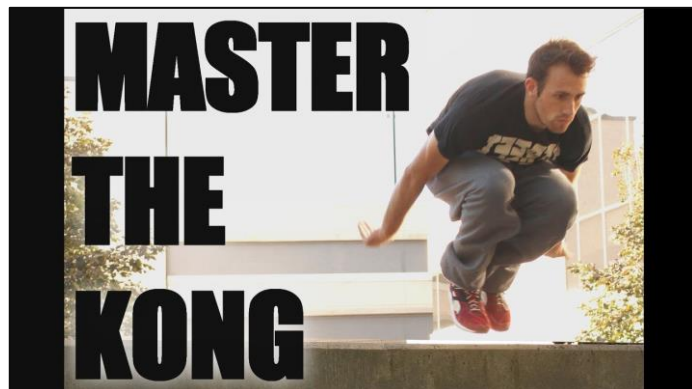


ADVANCED PARKOUR

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this class is for him/her!



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Wallrun 270
Dash
Thief Vault
Front 180/360
Double Kong
Kong Precision
Precision 180/360
Wall Flip
Cheat Gainer
Side Flip
Front Handspring
Backflip 360
Gainer
Beam Precision
Tic Tac Precision
Precision Over Gap
1 Step Multi-Block Strides
Bar: Fly Away
Bar: Lache Precision
Bar: Mount
Bar: Toeshoot