

BEGINNING PARKOUR

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this class is for him/her! Ages 5 and Up.



- Kong Up
- Safety Vault
- Speed Vault
- Front Flip on Trampoline
- Reverse Vault Dismount
- Palm Spin
- Strides
- 2 Step Wallrun
- Dive Roll
- Precision Jump
- Crane
- Kong Over Small Block/Black Mat



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