1371 B 10th Ave SW Salmon Arm

250-804-0602

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Coaches Schedule

Momentum Parkour & Ninja

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Class	**Time**	**Class**	**Time**	**Class**	**Class**	**Time**	**Time**	**Class**	**Time**	**Class**	**Time**
				Junior Parkour	4:00-4:45						
				Youth Beg	4:30-5:30	Junior Parkour	4:45-5:30	Youth Beg	4:30-5:30		
				Junior Parkour	4:45-5:30	Junior Parkour	5:30-6:15	Youth Int	4:30-6:00		
				Youth Int	5:30-7:00	Youth Beginner	6:15-7:15	Drop In youth	6:00-7:00		
				Teen Int	5:30-7:00			Drop In Teen/Adult	7:00-8:30		
				Teen Beginner	7:00-8:00						
				Youth Beginner	7:00-8:00						