Community Parkour Class

Location: 19th & Riverside

Time: 6pm

Date: every Tuesday

* Donation based class

This class is designed for everyone to move and learn together. There is zero barrier for entry, all ages and abilities are welcome.

Come out and re connect with the outdoors and re connect with your natural abilities.

With movement games, skill development, and individual and group challenges students will be exposed to important Parkour values like courage, discipline, humility, respect, and community.

Everything we do in this class is scalable to challenge any and all skill levels.