



FLUIDITY FREERUN TIMETABLE 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
10 AM	OPEN AT 11AM	OPEN AT 11AM	OPEN AT 11AM	OPEN AT 11AM	OPEN AT 11AM		YOUTH DROP IN	10 AM			
11 AM	MIXED OPEN	PRIVATE SCHOOL GROUP! 11 - 12:15	PRIVATE SCHOOL GROUP! 11 - 12:15	PRIVATE SCHOOL GROUP! 11 - 12:15	PRIVATE SCHOOL GROUP! 11 - 12:15	NINJAS OPEN	TEEN DROP IN	11 AM			
12 PM		MIXED OPEN	MIXED OPEN	MIXED OPEN	MIXED OPEN	EXCLUSIVE USE PARTY 12 - 2PM	EXCLUSIVE USE PARTY 12 - 2PM	12 PM			
1 PM						MIXED OPEN	MIXED OPEN	MIXED OPEN	MIXED OPEN	MIXED OPEN	1 PM
2 PM											MIXED OPEN
3 PM	MIXED OPEN	MIXED OPEN	MIXED OPEN	MIXED OPEN	MIXED OPEN	MIXED OPEN	3 PM				
4 PM							HAPPY HOUR (ONE HOUR OPEN SESSION FOR £5) 4:00 - 5:00PM	HAPPY HOUR (ONE HOUR OPEN SESSION FOR £5) 4:00 - 5:00PM	 4:15 - 5:00PM	 4:30 - 5:30PM	 (7 - 16 YRS) 4:30 - 5:30PM
5 PM	 5:30 - 6:30PM	 5:00 - 6:00PM	YOUTH DROP IN (7 - 11 YRS) 5:15 - 6:15PM	FFA SQUAD TRAINING 5:30 - 6:30PM	 5:30 - 6:30PM	6 PM CLOSE	6 PM CLOSE	5 PM			
6 PM	 6:30 - 7:30PM	 6:00 - 7:00PM	TRICKS&FLIPS (18+ ADULTS) 6:30 - 7:30PM	 6:30 - 7:30PM	 ADULT CLASS 7 - 8:30PM	FFA COURSES CHECK WEBSITE FOR ACTIVE COURSE 6:30 - 8:00PM	PRIVATE HIRE FOR EVENTS, STAG/HEN OR WORK TEAM BUILDING?? CONTACT US!	6 PM			
7 PM	ADULT DROP IN BEGINNER & INTERMEDIATE 7:30 - 8:30PM	 WORLD CHASE TAG TEAM TRAINING & LIMITED DROP IN CLASS 7 - 8:30PM	ADULT DROP IN INTERMEDIATE & ADVANCED 7:30 - 8:30PM	TRICKS&FLIPS (16+ ADULTS) AIR TRICK JAM EVENING 7PM - 8:30PM		6 PM		7 PM			
8 PM								8 PM			