FLUIDITY TIME		
	MONDAY	TUESDAY
<b>10 AM</b>	OPENAT 11AM	OPENAT 11AM
<b>11 AM</b>	<section-header><section-header></section-header></section-header>	<section-header></section-header>
12 PM		
1 PM		
2 PM		
3 PM		
4 PM		
<b>5 PM</b>	ELEMENTS DEVELDEVELDEVELDEVELStateStateDEVEL<	<section-header><section-header><section-header><section-header><section-header><section-header><text></text></section-header></section-header></section-header></section-header></section-header></section-header>
6 PM		
7 PM		ADULT BEGINNER
8 PM		<b>COURSE</b> 7:30 - 8:30PM
<b>KEY CLASSES OPEN SESSIONS</b>		

# $\mathsf{NETABLE}2023$

WEDNESDAY

**OPEN AT** 

**11AM** 

#### MIXED OPEN

> ADULT **DROP IN** 7 - 8:30PM

YOUTH **DROP IN** (7 - 11 YRS) 5:30 - 6:30PM

NINJAS 4:15 - 5:15PM

MIXED

OPEN

LITTLE

THURSDAY

**OPEN AT 11AM** 

MIXED OPEN

HOME ED CLASS 12:30 - 1:30PM

> HOME ED OPEN **1:30 - 3PM**

MIXED OPEN

ELEMENTS LEVEL 1 4:30 - 5:30PM

ELEMENTS **LEVEL 3&4** 5:30 - 6:30PM

INCLUSIVITY OPEN SESSION 6:30 - 7:30PM



#### **FLUIDITYFREERUNACADEMY FLUIDITYFREERUNCREW**

#### **SATURDAY**

LITTLE NINJAS

NINJAS **OPEN** 

EXCLUSIVE USE PARTY **12 - 2PM** 





#### FRIDAY **OPEN AT 11AM**

MIXED OPEN



FUNKY FRIDAYS ADULT CLASS 7 - 8:30PM

### CONTACT@FLUIDITYFREERUN.CO.UK



### 02920470535

#### **8 PM**

## **7 PM**

**6 PM** 

**5 PM** 

**4 PM** 

**3 PM** 

**2 PM** 

**1 PM** 

**12 PM** 

### **11 AM**

#### **10 AM**



# OPEN

6 PM

CLOSE

# MIXED



TEEN **DROP IN** EXCLUSIVE

USE

YOUTH **DROP IN** 

# **SUNDAY**