



# 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	MIXED OPEN	MIXED OPEN	MIXED OPEN	<b>FRIDAY CLUB</b> HALF PRICE OPEN SESSION 11- 3PM	NINJAS OPEN	TEEN DROP IN	11 AM		
12 PM				HOME ED DROP IN 12:30 - 1:30PM		EXCLUSIVE USE PARTY 12 - 2PM	EXCLUSIVE USE PARTY 12 - 2PM	12 PM		
1 PM				HOME ED OPEN 1:30 - 3PM		MIXED OPEN	MIXED OPEN	1 PM		
2 PM				MIXED OPEN				2 PM		
3 PM	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	FUSION LEVEL 1 4:30 - 5:30PM	<b>TRICKS&amp;FLIPS</b> (7 - 16 YRS) 4:30 - 5:30PM	MIXED OPEN	MIXED OPEN	4 PM		
5 PM	 5:30 - 6:30PM	 5:00 - 6:00PM	YOUTH DROP IN (7 - 11 YRS) 5:15 - 6:15PM	 5:30 - 6:30PM	<b>URBANKINGS</b> (10+ YRS) 4:30 - 5:30PM			6 PM CLOSE	6 PM CLOSE	5 PM
6 PM	 6:30 - 7:30PM	 6:00 - 7:00PM	<b>TRICKS&amp;FLIPS</b> (18+ ADULTS) 6:30 - 7:30PM	 6:30 - 7:30PM	 5:30 - 6:30PM			FFA COURSES CHECK WEBSITE FOR ACTIVE COURSE 6:30 - 8:00PM	<b>COLES KITCHEN</b> 18+ MEMBERS ONLY TRAINING JAM 6:30 - 8:00PM	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	<b>TRICKS&amp;FLIPS</b> JAM WITH RUDI (16+ ADULTS) AIR TRICK JAM EVENING 7PM - 8:30PM	<b>FUNKY FRIDAYS</b> ADULT CLASS 7 - 8:30PM	PRIVATE HIRE FOR EVENTS, STAG/HEN OR WORK TEAM BUILDING?? CONTACT US!		7 PM		
8 PM										8 PM