

PARAGYM

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	Room 1	Room 2	Room 3	
10:00	OPEN PRACTICE			ACROBATIC S LVL 1 ★			EQUILIBRIUM LVL 1 - 2			AGILITY ★			OPEN PRACTICE			ACROKIDS		OPEN PRACTICE	ACROKIDS		OPEN PRACTICE	10:00
11:00	OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			ACROKIDS		OPEN PRACTICE	ACROADOS		OPEN PRACTICE	11:00
12:00	PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			ACROADOS		OPEN PRACTICE	ACROBATIC S LVL 1 - 2	OPEN PRACTICE		12:00
1:00	PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			INTRO AERIALS ★	ACROADOS INTERMEDIATE - ADVANCED		OPEN PRACTICE	OPEN PRACTICE		1:00
2:00	PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			MIXED AERIALS ADVANCED	OPEN PRACTICE		CIRCUS JAM			2:00
3:00	OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			SILKS	OPEN PRACTICE		CIRCUS JAM			3:00
4:00	OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			PARAGYM MOVEMENT EXPERIENCE (BY RESERVATION ONLY)			CIRCUS JAM			4:00
5:00	ACROADOS INTERMEDIATE - ADVANCED		OPEN PRACTICE	ACROADOS			ACROADOS			ACROADOS			OPEN PRACTICE			PARAGYM MOVEMENT EXPERIENCE (BY RESERVATION ONLY)			CIRCUS JAM			5:00
6:00	MIXED AERIAL	OBSTACLES	FOUNDATIONS ★	FORCE & FLEX ★		OPEN PRACTICE	MIXED AERIAL ★	ACROKIDS	FOUNDATIONS ★	OPEN PRACTICE	ACROKIDS	FOUNDATIONS ★	OPEN PRACTICE			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			CIRCUS JAM			6:00
7:00	AERIAL HOOP	ACROBATIC S LVL 1 ★	OPEN PRACTICE	ACROBATICS LVL 2		OPEN PRACTICE	SILKS	ACROBATIC S LVL 1-2	EQUILIBRIUM	SILKS	OBSTACLES ★	EQUILIBRIUM	OPEN PRACTICE			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			CIRCUS JAM			7:00
8:00	OPEN PRACTICE		EQUILIBRIUM ★	OPEN PRACTICE			ACRO 3 (COMING SOON)	OPEN PRACTICE			FORCE & FLEX ★	OPEN PRACTICE		ACRO 3 (COMING SOON)	PARAGYM MOVEMENT EXPERIENCE (BY RESERVATION ONLY)			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			8:00	
9:00	OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			OPEN PRACTICE			PARAGYM MOVEMENT EXPERIENCE (BY RESERVATION ONLY)			PRIVATE EVENTS Birthdays Bachelorettes Team Buildings and more! By reservation only			9:00

PARA METHOD
AERIALS
KIDS & TEENS
OPEN PRACTICE
THEMATIC
PRIVATE EVENTS

NIVEAU AVANCÉ
EXCLUSIF (SEULEMENT SUR INVITATION)

RECOMMANDÉ POUR VOTRE 1ÈRE FOIS CHEZ PARAGYM ! ★

NIVEAU 1
Débutant généralement actif(ve), sans blessure et sans expérience précédente avec les acrobaties.

NIVEAU 2
Débutant athlétique: peut exécuter une roue, une roulade avant et tenir en équilibre sur les mains contre un mur pour ~20 secondes.

S
Personalized Coaching Package