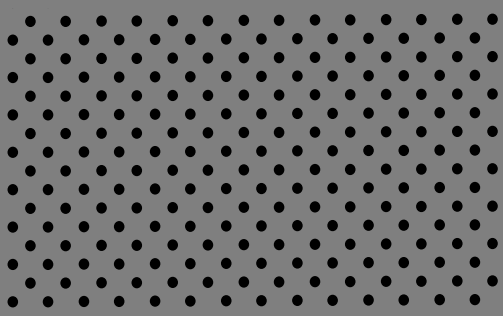




ESCAPE PARKOUR, GYMNASTICS & FITNESS

Escape Parkour is bringing the thrill of parkour to you!

Learn how to jump, climb, vault and flip across obstacles in ways you never thought you could!

From learning how to land safely after a jump, to doing backflips off the wall. This fast paced, unique sport guarantees to have something for everyone, no matter how much experience you have.

With Escape Parkour, you will get a taste of parkour AND gymnastics, as well as improving your overall balance, flexibility, strength and co-ordination.

| MONDAYS @ 18:00 - 19:00 |
MOULSFORD PREP SCHOOL (OX10 9HR)
AVAILABLE TO ACADEMIC SCHOOL YEARS 1-6



FREE TRIAL SESSION!

LIMITED SPACES AVAILABLE
TO BOOK ON, GET IN TOUCH VIA
CONTACT DETAILS BELOW

FOR MORE INFORMATION,
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OR
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