

PARKOUR MOTION



**Functional.
Movement.
Training.**

- Every Monday: £15 drop-in.
- 7pm to 8.30pm (16+ years old)

My class brings a unique approach to movement with fun challenges, creativity and flow. The session is adaptable to all levels, so everyone is welcome!

ADULT PARKOUR CLASS

Dulwich College Sports Club

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parkourmotion.com

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