

| Kinder Programs | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|--|-------------------------------------|--|-------------------------------------|------------------------|--|
| Lil Ninjas Ages 4-6 | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 | 9:45-10:45 10:45-11:45 11:45-12:45 |
| Lil Poppers Trampoline Ages 4-6 | | | 3:45-4:45 | | | |
| Parkour | Mon | Tues | Wed | Thurs | Fri | Sat |
| Level 1 White Band Athletic Shoes Req Ages 7+ | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 | 9:45-10:45 10:45-11:45 11:45-12:45 |
| Level 2 Green Band Athletic Shoes Req Ages 7+ | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 | 9:45-10:45 10:45-11:45 11:45-12:45 |
| Level 3 Blue Band Athletic Shoes Req Ages 7+ | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 | 9:45-10:45 10:45-11:45 11:45-12:45 |
| Level 4 Yellow Band Athletic Shoes Req Ages 7+ | 4:45-5:45 5:45-6:45 | 5:45-6:45 | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 4:45-5:45 5:45-6:45 | 4:45-5:45 | 9:45-10:45 10:45-11:45 |
| Ninja Warrior Junior | Mon | Tues | Wed | Thurs | Fri | Sat |
| Ages 7+ | 3:45-4:45 4:45-5:45 5:45-6:45 | | 3:45-4:45 4:45-5:45 5:45-6:45 | | 3:45-4:45 4:45-5:45 | 9:45-10:45 10:45-11:45 11:45-12:45 |
| Trampoline | Mon | Tues | Wed | Thurs | Fri | Sat |
| Ages 7+ | 3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 4:45-5:45 5:45-6:45 6:45-7:45 | 3:45-4:45 4:45-5:45 5:45-6:45 | 3:45-4:45 4:45-5:45 | 10:45-11:45 11:45-12:45 |
| Tumbling | Mon | Tues | Wed | Thurs | Fri | Sat |
| Beginning Ages 7+ | 3:45-4:45 4:45-5:45 5:45-6:45 | | 3:45-4:45 4:45-5:45 | | | |
| Intermediate Ages 7+ | 3:45-4:45 4:45-5:45 | | 3:45-4:45 4:45-5:45 5:45-6:45 | | | |
| Advanced Ages 7+ | 5:45-6:45 | | 5:45-6:45 | | | |
| Tricking | Mon | Tues | Wed | Thurs | Fri | Sat |
| Evaluation Req Ages 7+ | | | | 4:45-5:45 | | |
| Boxing | Mon | Tues | Wed | Thurs | Fri | Sat |
| Jr Boxing Ages 7-10 | 3:45-4:45 4:45-5:45 | | 3:45-4:45 4:45-5:45 | 3:45-4:45 4:45-5:45 | 3:45-4:45 | 10:45-11:45 |
| Jr Boxing Ages 11-15 | 5:45-6:45 | 4:45-5:45 | 5:45-6:45 | 5:45-6:45 | 4:45-5:45 | 11:45-12:45 |
| Adaptive | Mon | Tues | Wed | Thurs | Fri | Sat |
| Trampoline Ages 7+ | | 3:00-3:45 | | | 3:00-3:45 | 9:45-10:30 |
| Adult | Mon | Tues | Wed | Thurs | Fri | Sat |
| Parkour Ages 16+ | 4:45-5:45 5:45-6:45 6:45-7:45 | | 5:45-6:45 6:45-7:45 | 4:45-5:45 5:45-6:45 | 4:45-5:45 | 9:45-10:45 10:45-11:45 11:45-12:45 |
| Tumbling Ages 16+ | 6:45-7:45 | 5:45-6:45 | 6:45-7:45 | | | |
| Boxing Ages 16+ | 5:45-6:45 | 5:45-6:45 | 5:45-6:45 | 5:45-6:45 | | 10:45-11:45 11:45-12:45 |

Annual Membership

\$50 per person
\$20 for additional family members
\$90 maximum per family
Membership required for enrollment

Membership Benefits:

- 1 hour open gym pass to share with non-member (only available for new member registrations)
- membership pricing for special events and open gyms
- camp registration fee waived
- 10% off birthday parties

Monthly Tuition

\$100 - 4 classes per month
\$125 - 5 classes per month

Second class discount - \$10
Sibling discount - \$10 per student

• Monthly Jams Pass can be added to a single member for \$50 per month or family for \$100. Enrolled students only.

\$30 - Drop-in Class

BEST VALUE!

One person
\$200 per month - 3 classes a week

Family up to 4
\$400 per month - 3 classes a week per family member

- * Class time must be selected ahead of time
- * No walk ins
- * No make ups
- * No proration

Tuition: due final day of each month for the following month
Auto pay required

Prices and schedule are subject to change without notice. Please consult policies, procedures and gym rules

BOXING Equipment Required

- * Gloves
 - * Wraps
- Available at proshop

ALL CLASSES ARE COED

SPF JAM TIMES

OPEN PLAY FOR EVERYONE

FAMILY JAM TIME

Monday - Friday
12:00pm - 3:00 pm

Friday
6:00pm - 9:00 pm

Saturday
1:00pm - 7:00 pm

Price
\$10 per hour

Members:
3 hr day pass \$25 / 6hr day pass \$40

Non-member:
6 hr day pass \$45

All Ages!
(6 and under require
adult supervision)

NERF NIGHT

Second Friday Of Each Month
6:00pm - 9:00pm

Price
\$25 (members)
\$30 (non-members)

Ages 7-15
Must Pre-Register
Walk-ins Not Allowed

ADULT JAM TIME

Tuesday & Thursday
7:00pm - 9:00pm

Price
\$10 (member, government & college disc) *ID Req
\$15 (non-members)

Ages 16+

BEST VALUE

Monthly Jams Pass

Enrolled Students Add On:

Single student \$50 - Family up to 4 \$100

Non Enrolled:

Single person \$150 +\$50 each additional person

*special events not included

*annual membership required

Jam Pass Excludes:

- * Martin Luther King Day
- * Presidents Day
- * Veterans Day
- * Special Events

What you need:

1. Sports attire
2. Water bottle
3. Create an account



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learn more

01/01/2022