

| 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 required Ages 7+ | | | | 4:45-5:45 | | |

| 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 |
|-----------------------------------|-------------------------------------|-----------|------------------------|------------------------|-----------|--|
| ADULT 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 |
| ADULT Tumbling Ages 16+ | 6:45-7:45 | 5:45-6:45 | 6:45-7:45 | | | |

Annual Membership

\$45 per person
\$20 for additional family members
\$85 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

\$95 - 4 classes per month
\$118.75 - 5 classes per month

Sibling discount - 2nd - 10%,
3rd - 15%, 4th - 20%

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

\$25 - Drop-in Class

BEST VALUE!

One person
\$175 per month - 3 classes a week

Family up to 4
\$350 per month - 3 classes a week per family member

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

Tuition paid on 1st of month
Auto pay required

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

ALL CLASSES ARE COED

SPF JAM TIMES

AFTERNOON JAM TIME

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

Price
\$10 per hour
Day Pass: \$20 members / \$25 non-members

All Ages!
(6 and under require
adult supervision)

ADULT JAM TIME

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

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

Ages 16+

YOUTH JAM NIGHT

Friday
6:00pm - 9:00pm

Price
\$20 (members)
\$25 (non-members)

Ages 6-15

FAMILY JAM TIME

Saturday
1:00pm - 7:00pm

Price
\$10 per hour
Day Pass: \$30 members / \$35 non-members

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

BEST VALUE

Monthly Jams Pass

Enrolled Students Add On:
Single student \$50 - Family up to 4 \$100

Not Enrolled:

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

*special events not included

*annual membership required

What you need:

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



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learn more