

# MESA OUR SCHEDULE

**SPF PARKOUR ACADEMY**

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Kinder Programs	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Lil Ninjas</b> 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
<b>Lil Poppers</b> Trampoline Ages 4-6			3:45-4:45			

Parkour	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Level 1 White Band</b> 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
<b>Level 2 Green Band</b> 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
<b>Level 3 Blue Band</b> 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
<b>Level 4 Yellow Band</b> Athletic Shoes Req Ages 7+	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 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 5:45-6:45	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

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
<b>Beginning</b> 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			
<b>Intermediate</b> Ages 7+	3:45-4:45 4:45-5:45		3:45-4:45 4:45-5:45 5:45-6:45			
<b>Advanced</b> Ages 7+	5:45-6:45		5:45-6:45			

Boxing	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Jr Boxing</b> 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 5:45-6:45	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

Adaptive	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Trampoline</b> Ages 7+						9:45-10:30

Adult	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Parkour</b> Ages 16+	4:45-5:45 5:45-6:45 6:45-7:45		5:45-6:45 6:45-7:45	5:45-6:45	4:45-5:45	11:45-12:45
<b>Tumbling</b> Ages 16+	6:45-7:45	5:45-6:45	6:45-7:45			
<b>Boxing</b> Ages 16+	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 5:45-6:45	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

## 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 \$50

#### 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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11/01/2023