

SPF PARKOUR ACADEMY CLASS SCHEDULE

Kinder Programs	Mon	Tues	Wed	Thurs	Fri	Sat
Lil Ninjas Coed 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 6:45-7:45	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 6:45-7:45	3:45-4:45 4:45-5:45	9:45-10:45 10:45-11:45 11:45-12:45
Lil Poppers Trampoline Coed Ages 4-6			3:45-4:45			

Parkour	Mon	Tues	Wed	Thurs	Fri	Sat
Level 1 White Band Athletic Shoes Req Coed 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 6:45-7:45	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 6:45-7:45	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 Coed 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 Coed 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 Coed 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	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 5 Red Band Athletic Shoes Req Coed Ages 7+	4:45-5:45	4:45-5:45		4:45-5:45		
Adult Athletic Shoes Req Coed Ages 16+	5:45-6:45 6:45-7:45		6:45-7:45	5:45-6:45	4:45-5:45	11:45-12:45

Ninja Warrior Junior	Mon	Tues	Wed	Thurs	Fri	Sat
Coed 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
Coed 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 6:45-7:45	4:45-5:45 5:45-6:45 6:45-7:45	3:45-4:45 4:45-5:45 5:45-6:45 6:45-7:45	3:45-4:45 4:45-5:45	10:45-11:45 11:45-12:45
Adaptive Coed Ages 7+						9:45-10:30

Tumbling	Mon	Tues	Wed	Thurs	Fri	Sat
Beginning Coed 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			
Intermediate Coed Ages 7+	3:45-4:45 4:45-5:45		3:45-4:45 4:45-5:45 5:45-6:45			
Advanced Coed Ages 7+	5:45-6:45		5:45-6:45			
Adult Coed Ages 16+	6:45-7:45	5:45-6:45 6:45-7:45	6:45-7:45			

Boxing	Mon	Tues	Wed	Thurs	Fri	Sat
Jr Boxing Coed 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
Adult Boxing Coed 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

**FITNESS FUN
FOR THE
WHOLE FAMILY**

PRICING PLANS

MEMBERSHIP REGISTRATION

BEGINS THE DAY OF CLASS ENROLLMENT

- Required for monthly classes
- Renews only if enrolled in classes on anniversary date
- Member discounts for special events
- No Camp registration fee
- \$30 off VIP Birthday Party
- 3 & under free open gym(excludes Nerf and special events, must be attended by an adult)

ANNUAL

\$50	1st Member
\$25	2nd Member
\$25	3rd Member
\$100	Family Max

INDIVIDUAL CLASSES

- Makeups Allowed 30 days from missed class as long as enrolled
- Open Gyms can be used for makeups
- Adjusts if there are 5 classes in a month
- \$10 Sibling Class Discount

MONTHLY

\$110	1 weekly class - 4 classes per month
\$138	1 weekly class - 5 classes per month

\$35 Drop in Class

INDIVIDUAL MULTIPLE CLASSES

SAVE UP TO **40% OFF**

- Member selects 3 class times and days at time of enrollment
- No tuition adjustment if there are extra classes in a month
- No Makeups Allowed
- No Billing Proration or discounts

MONTHLY

\$220 12-16 Classes per month

BILLING

- Tuition Billed on the 30th of each month prior to the new month
- Auto Pay Required
- 30 Day drop noticed required via email
- *ESA Billing ask

FAMILY MULTIPLE CLASSES

SAVE UP TO **70% OFF**

- Each Family Member selects 3 class times and days at time of enrollment
- No tuition adjustment if there are extra classes in a month
- No Makeups Allowed
- No Billing Proration or discounts

MONTHLY

\$440 12-16 class per month
UP TO 4 FAMILY MEMBERS EACH Family Member

ABOUT US

- Family Owned/Operated
- Established 2007
- Certified Coaching Staff
- First Aid/CPR Certified
- First and Largest Parkour Gym in AZ

OPEN GYM TIMES/PRICING

Monday thru Friday	12-3pm
*Friday	6-9pm
Saturday	1-6pm
*Nerf Night 2nd Friday each month	
Nerf Price \$25 Member/\$32 Non Member	
Nerf Included in Monthly Pass	

MEMBER

ENROLLED IN CLASSES

\$10	Per hour
\$25	3 Hr Day Pass
\$45	5 Hr Day Pass
\$50	Monthly Pass *
\$100	Family Monthly Pass(up to 4 members)

Children 3 & under FREE

NONMEMBER

OPEN GYM PASS ONLY

\$12	Per hour
\$32	3 Hr Day Pass
\$55	5 Hr Day Pass
\$150	Monthly Pass *
\$50	Sibling Add On *

*Monthly Pass Exclusions:
Special Events,
Holidays
Check Calendar for closures