

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+ | 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 |
| 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 * |

Children 3 & under FREE

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