

# Class Schedule

Begins Jan 4, 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 - 9:55 Krav (DO All Levels) Alec 913 6062 1366
11:00 - 11:55 Krav (DO All Levels) Luke 999 0039 5765		11:00 - 11:55 Krav (DO Beginners) Luke 989 3845 8896		11:00 - 11:55 Krav (DO All Levels) Alec 999 0039 5765	10:00 - 10:25 Bags Lucy 988 5964 9460
12:15 - 1:10 Muay Thai Luke 981 6909 9234		12:15 - 1:10 Krav (DO Int/Adv) Alec 947 1222 4390		12:15 - 1:10 Muay Thai Alec 981 6909 9234	10:30 - 11:25 Sparring / Fight Tactics Ryan 929 8752 4135
3:15 - 3:45 Tiger Tots Erin 987 3685 0564	3:30 - 4:15 Lions Erin 918 9478 2911	3:15 - 3:45 Tiger Tots Alex 987 3685 0564	3:30 - 4:15 Lions Alex 918 9478 2911	3:15 - 3:45 Tiger Tots Alec 987 3685 0564	11:30 - 12:00 Tiger Tots Alex 915 9426 9486
4:00 - 4:45 Lions Erin 952 3713 3645	4:30 - 5:15 Dragons Erin 440 642 021	4:00 - 4:45 Dragons Alex 983 8391 1732	4:30 - 5:15 Dragons Alex 440 642 021	4:00 - 4:45 Lions Alex 952 3713 3645	12:15 - 1:00 Lions Alex 965 8263 1551
5:00 - 5:45 Dragons Erin 983 3564 9070	5:30 - 6:15 BBC Alec 630 974 948	5:00 - 5:45 Lions Alex 941 3204 8320	5:30 - 6:15 BBC Alex 630 974 948	5:00 - 5:45 Dragons Alex 983 3564 9070	1:15 - 2:00 Dragons Alex 922 3528 5186
6:00 - 6:25 Bags Lucy 988 5964 9460	6:00 - 6:25 Essentials Luke 935 9664 3030	6:00 - 6:25 Bags Alec 988 5964 9460	6:00 - 6:25 Essentials Lucy 935 9664 3030	6:00 - 6:25 Bags Alex 988 5964 9460	
6:30 - 7:25 Ground Ryan 935 5390 6979	6:30 - 7:25 Krav (DO Beg/Int) Luke 937 5943 7349	6:30 - 7:25 Krav (DO All Levels) Alec 923 5941 1752	6:30 - 7:25 Muay Thai Ryan 922 8740 9636	6:30 - 7:25	
	7:30 - 8:25 Krav (DO Int / Adv) Alec 917 7426 6379	7:30 - 8:25 Sparring/Ground Alec 981 2187 8004	7:30 - 8:25 Krav (DO All Levels) Alec 982 0641 0168		

## PROGRAMS

- TIGER TOTS (3.5-5 YRS)
- LIONS (5-7 YRS)
- DRAGONS (7-12 YRS)
- TEENS (12-15 YRS)
- ADULTS (16+ YRS)

• All classes in-studio & virtual

• In-Studio Classes:

Limit 14 participants at a time

• Must Pre-register through Spark Member app

30 & 60 min Private Lessons available by reservation

Scan QR Code to reserve Free Starter Class

