

Class Schedule

Begins March 21, 2022



March 2022 Class Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	Floor A	Floor B	Box	
	10:00 - 10:45 Bags & Bells 13yrs - Adult In-Studio Only												10:00 - 10:45 Bags & Bells 13yrs - Adult In-Studio Only		9:10 - 9:40 Kitties 2 - 3.5 yrs w/ parent In-Studio Only	9:00 - 9:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom		
11:00 - 11:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom			11:30 - 1:00 Open Mats / Open Gym Members Only			11:00 - 11:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom			11:30 - 1:00 Open Mats / Open Gym Members Only			11:00 - 11:55 Krav (All Levels) 13yrs - Adult In-Studio & Zoom		10:00 - 10:45 Tiger Tots 3.5-5 yrs In-Studio Only	10:00 - 10:25 Bags In-Studio & Zoom		10:30 - 11:25 Sparring / Fight Tactics 13yrs - Adult In-Studio Only	10:30 - 10:55 HIIT Fit 13yrs - Adult In-Studio Only
	12:05 - 12:35 Bags 13yrs - Adult In-Studio & Zoom												12:05 - 12:35 Bags 13yrs - Adult In-Studio & Zoom		11:00 - 11:45 Lions 5-7 yrs In-Studio & Zoom			
															12:00 - 12:45 Dragons 7 - 12 yrs In-Studio & Zoom	12:00 - 12:45 BBC Dragons Invite Only In-Studio & Zoom		
4:00 - 4:45 Lions 5-7 yrs In-Studio & Zoom	4:00 - 4:25 HIIT Fit In-studio only		4:00 - 4:45 Little Dragons 7-9 yrs In-Studio & Zoom	4:00 - 4:45 Lions 5-7 yrs In-Studio & Zoom		4:00 - 4:45 Little Dragons 7-12 yrs In-Studio & Zoom	4:00 - 4:40 Big Dragons 10-12 yrs In-Studio & Zoom		4:00 - 4:45 Lions 5-7 yrs In-Studio & Zoom	4:00 - 4:45 Little Dragons 7-9 yrs In-Studio & Zoom		4:00 - 4:45 Tiger Tots 3.5-5 yrs In-Studio Only	4:00 - 4:30 Kitties 2 - 3.5 yrs w/ parent In-Studio Only		1:30 - 5:00 Seminars, Belt Tests, Birthday Parties			
5:00 - 5:45 Little Dragons 7-9 yrs In-Studio & Zoom	5:00 - 5:45 Big Dragons 10-12 yrs In-Studio & Zoom		5:00 - 5:45 Big Dragons 7-12 yrs In-Studio & Zoom	5:00 - 5:55 BBC Dragons Invite Only In-Studio & Zoom		5:00 - 5:45 Tiger Tots 3.5-5 yrs In-Studio Only	5:00 - 5:45 Lions 5-7 yrs In-Studio & Zoom	5:00 - 5:25 HIIT Fit In-studio only	5:00 - 5:45 Big Dragons 10-12 yrs In-Studio & Zoom	5:00 - 5:45 Black Belt Prep thru test (April) In-Studio Only		5:00 - 5:45 Lions 5-7 yrs In-Studio & Zoom	5:00 - 5:45 Little Dragons 7-9 yrs In-Studio & Zoom					
	6:00 - 6:25 Bags In-Studio & Zoom		6:00 - 6:55 Krav Teens 12-15 yrs In-Studio & Zoom	6:00 - 6:55 Muay Thai 13yrs - Adult In-Studio & Zoom		6:00 - 6:55 BBC Dragons Invite Only In-Studio & Zoom	6:00 - 6:25 Bags In-Studio & Zoom		6:00 - 6:55 Krav Teens 12-15 yrs In-Studio & Zoom	6:00 - 6:25 Bags In-Studio & Zoom		6:00 - 6:45 Big Dragons 7-12 yrs In-Studio & Zoom						
6:30 - 7:25 Ground 13yrs - Adult In-Studio Only			7:00 - 7:55 Krav (DO I) 13yrs - Adult In-Studio & Zoom	7:00 - 7:55 Krav (DO II) 13yrs - Adult In-Studio & Zoom			6:30 - 7:25 Krav (All Levels) 13yrs - Adult In-Studio & Zoom			6:30 - 7:25 Muay Thai 13yrs - Adult In-Studio & Zoom								
						7:30 - 8:25 Ground 13yrs - Adult In-Studio Only			7:30 - 8:25 Krav (All Levels) 13yrs - Adult In-Studio & Zoom									

PROGRAMS

- KITTIES (2-3.5 YRS, w/ Parent)
- TIGER TOTS (3.5-5 YRS)
- LIONS (5-7 YRS)
- DRAGONS (7-12 YRS)
- TEENS (12-15 YRS)
- ADULTS (16+ YRS)

- Classes hosted 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

