

Class Schedule

Begins August 1, 2022



August 2022 Class Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Box
10:00 - 10:55	10:00 - 10:45				10:00 - 10:45				10:00 - 10:45	9:10 - 9:55	9:00 - 9:55	
Krav II 13yrs - Adult In-Studio & Zoom	MatFIIT 13yrs - Adult In-Studio Only				MatFIIT 13yrs - Adult In-Studio Only				MatFIIT 13yrs - Adult In-Studio Only	Kitties 2 - 3.5 yrs w/ parent In-Studio Only	Krav (All Levels) 13yrs - Adult In-Studio & Zoom	
11:00 - 11:55				11:00 - 11:55				11:00 - 11:55		10:00 - 10:45	10:00 - 10:25	
Krav I 13yrs - Adult In-Studio & Zoom		11:30 - 1:00 Open Mats / Open Gym Members Only		Krav (All Levels) 13yrs - Adult In-Studio & Zoom		11:30 - 1:00 Open Mats / Open Gym Members Only		Krav (All Levels) 13yrs - Adult In-Studio & Zoom		Tiger Tots 3.5-5 yrs In-Studio Only	Bags In-Studio & Zoom	
	12:05 - 12:30 Bags 13yrs - Adult In-Studio & Zoom				12:05 - 12:30 Bags 13yrs - Adult In-Studio & Zoom				12:05 - 12:30 Bags 13yrs - Adult In-Studio & Zoom	11:00 - 11:45 Lions 5-7 yrs In-Studio & Zoom	10:45 - 11:40 Sparring 13yrs - Adult In-Studio Only	10:45 - 11:30 MatFIIT 13yrs - Adult In-Studio Only
3:00 - 3:45 Kitties 2 - 3.5 yrs w/ parent In-Studio Only										12:00 - 12:45 Dragons 7 - 12 yrs In-Studio & Zoom	12:00 - 12:55 BBC Dragons Invite Only In-Studio & Zoom	
4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45			
Lions 5-7 yrs In-Studio & Zoom	Tiger Tots 3.5-5 yrs In-Studio Only	Little Dragons 7-9 yrs In-Studio & Zoom	Lions 5-7 yrs In-Studio & Zoom	Little Dragons 7-12 yrs In-Studio & Zoom	Tiger Tots 3.5-5 yrs In-Studio Only	Lions 5-7 yrs In-Studio & Zoom	Little Dragons 7-9 yrs In-Studio & Zoom	Tiger Tots 3.5-5 yrs In-Studio Only	Kitties 2 - 3.5 yrs w/ parent In-Studio Only	1:30 - 5:00 Seminars, Belt Tests, Birthday Parties		
5:00 - 5:45	5:00 - 5:45	5:00 - 5:45	5:00 - 5:55	5:00 - 5:45	5:00 - 5:45	5:00 - 5:45	5:00 - 5:55	5:00 - 5:45	5:00 - 5:45			
Little Dragons 7-9 yrs In-Studio & Zoom	Big Dragons 10-12 yrs In-Studio & Zoom	Big Dragons 7-12 yrs In-Studio & Zoom	BBC Dragons Invite Only In-Studio & Zoom	Big Dragons 10-12 yrs In-Studio & Zoom	Lions 5-7 yrs In-Studio & Zoom	Big Dragons 10-12 yrs In-Studio & Zoom	Brown/Black Belts BBC In-Studio Only	Lions 5-7 yrs In-Studio & Zoom	Little Dragons 7-9 yrs In-Studio & Zoom			
6:00 - 6:55	6:00 - 6:25	6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	6:00 - 6:25	6:00 - 6:55	6:00 - 6:25	6:00 - 6:45	6:00 - 6:25			
Beginner Krav 13yrs - Adult In-Studio Only	Bags In-Studio & Zoom 6:30 - 7:25	Teen Krav 12-15 yrs In-Studio & Zoom	SPARology® 13yrs - Adult In-Studio & Zoom	BBC Dragons Invite Only In-Studio & Zoom	Bags In-Studio & Zoom 6:30 - 7:25	Krav Teens 12-15 yrs In-Studio & Zoom	Bags In-Studio & Zoom 6:30 - 7:25	Big Dragons 7 - 12 yrs In-Studio & Zoom	Bags In-Studio & Zoom			
	Ground 13yrs - Adult In-Studio Only	7:00 - 7:55 Krav I 13yrs - Adult In-Studio & Zoom	7:00 - 7:55 Krav II 13yrs - Adult In-Studio & Zoom	7:00 - 7:55 Beginner Krav 13yrs - Adult In-Studio Only	7:30 - 8:25 Krav I & II 13yrs - Adult In-Studio & Zoom		SPARology® 13yrs - Adult In-Studio & Zoom					
					Ground 13yrs - Adult In-Studio Only		Krav (All Levels) 13yrs - Adult In-Studio & Zoom					

Age Groups

- 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

