

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	MatFIT 13yrs - Adult In-Studio Only				MatFIT 13yrs - Adult In-Studio Only				MatFIT 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		Krav (All Levels) 13yrs - Adult In-Studio & Zoom		11:30 - 1:00		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	Open Mats / Open Gym Members Only			12:05 - 12:30	Open Mats / Open Gym Members Only			12:05 - 12:30	11:00 - 11:45	10:45 - 11:40	10:45 - 11:30
	Bags 13yrs - Adult In-Studio & Zoom				Bags 13yrs - Adult In-Studio & Zoom				Bags 13yrs - Adult In-Studio & Zoom	Lions 5-7 yrs In-Studio & Zoom	Sparring 13yrs - Adult In-Studio Only	MatFIT 13yrs - Adult In-Studio Only
3:00 - 3:45										12:00 - 12:45	12:00 - 12:55	
Kitties 2 - 3.5 yrs w/ parent In-Studio Only										Dragons 7 - 12 yrs In-Studio & Zoom	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	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	Krav Teens 12-15 yrs In-Studio & Zoom	Bags In-Studio & Zoom	Big Dragons 7 - 12 yrs In-Studio & Zoom	Bags In-Studio & Zoom			
	6:30 - 7:25				6:30 - 7:25							
	Ground 13yrs - Adult In-Studio Only	7:00 - 7:55	7:00 - 7:55	7:00 - 7:55	Krav I & II 13yrs - Adult In-Studio & Zoom		SPARology® 13yrs - Adult In-Studio & Zoom					
		Krav I 13yrs - Adult In-Studio & Zoom	Krav II 13yrs - Adult In-Studio & Zoom	Beginner Krav 13yrs - Adult In-Studio Only	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

