



OPEN GYM

Unlimited Access to utilize the facility. NO coaches or instruction are provided during Open Gym.

OPEN GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT OPEN GYM	12:00-2:30PM 8:00 - 10:30PM	12:00-2:30PM 8:00 - 10:30PM	12:00-2:30PM 8:00 - 10:30PM	12:00-2:30PM 8:00 - 10:30PM	12:00-2:30PM 8:00 - 10:30PM	12:00-2:30PM

PARKOUR

Form of movement focused on getting from Point A to Point B as efficiently as possible, combining elements of over; under; through.

PARKOUR CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KIDS PARKOUR Ages 13 & Under	5:00 - 6:00PM		5:00 - 6:00PM		

TRICKING

An aesthetic blend of martial arts kicking and off axis flip/trick variations. Cinematic Martial Arts (CMA) curriculum.

TRICKING CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KIDS TRICKING Ages 13 & Under	6:00 - 7:00PM		6:00 - 7:00PM		6:00 - 7:00PM
ADULT TRICKING	7:00 - 8:00PM		7:00 - 8:00PM		7:00 - 8:00PM

TUMBLING

Traditional acrobatic and tumbling techniques on the floor.

TUMBLING CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KIDS TUMBLING Ages 13 & Under		6:00 - 7:00PM		6:00 - 7:00PM	
ADULT TUMBLING		7:00 - 8:00PM		7:00 - 8:00PM	

PRICING

Unlimited Monthly Packages require Automatic Credit Card Billing

FAMILY DISCOUNT - \$25/off per family member per program

PROGRAM	DROP IN Single Session Pass	1 PROGRAM 1 CLASS PER WEEK Includes Unlimited Open Gym	1 PROGRAM UNLIMITED MONTHLY Includes Unlimited Open Gym	UNLIMITED ALL PROGRAMS Includes Unlimited Open Gym
OPEN GYM	\$10		\$75	\$250
PARKOUR	\$25	\$99	\$150	
TRICKING	\$25	\$99	\$150	
TUMBLING	\$25	\$99	\$150	
PRIVATE LESSONS	\$75	CALL/EMAIL TO SCHEDULE	CALL/EMAIL TO SCHEDULE	