

GRIT FALL PROGRAM

SEMESTER (BEST VALUE)*:

- *OPTION 1:**
- 1 Class/week (12 classes)
 - 1 Open Gym session/week
 - 1 Private Training session/30 min **\$439**
- *OPTION 2:**
- 2 Classes/week (24 classes)
 - 2 Open Gym sessions/week **\$699**

MONTHLY*: (*3 month min/AutoPay)

- 1 Class/week (4 classes)
- 1 Open Gym session/week **\$165**
- 2 Classes/week (8 classes)
- 2 Open Gym sessions/week
- 1 Private Training session/30 min **\$300**
- 3 Classes/week (12 classes)
- 2 Open Gym sessions/week
- 1 Private Training session/30 min **\$399**

CLASS PACKS: (Valid for 120 days)*

- 5 PACK (5 Classes) **\$170**
- 10 PACK (10 Classes) **\$300**
- 25 PACK (25 Classes) **\$625**

YEARLY REGISTRATION (annually/per family) \$50

**For your safety, Youth and All Age Open Gym are for registered members only*



Just like working out, to maximize your budding athlete's progress we recommend taking more than one class a week at GRIT. Our class structure is designed to provide a challenging new workout each day (Parkour/FreeRunning, Tumbling & Gymnastics and Youth Sports Training). Each helps to hone gross motor skills and our Fall Pricing reflects this philosophy. Semester Pricing provides the best value. Monthly and Class Packs are also available.

Each package provides both a set number of classes to take as well as access to GRIT Open Gym and private training sessions to hone your skills..and burn off some energy! Started late? Make up your classes during the Semester/ Month when it best fits your schedule.



TERMS AND CONDITIONS:

- All Memberships require an annual registration fee (\$50) per family
- Class prices and schedule are subject to change
- No Refunds - Class/program credits are provided for missed classes or sessions
- Class sessions, Open Gym and Private lessons must be used within the timeframe provided/No roll overs
- See the Membership Director and/or visit GRITSportstraining.com for details or questions

GRIT 2020 FALL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
6:00	Private Training	Private Training	Private Training	Private Training	Private Training				
6:30									
7:00									
7:30									
8:00	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING				
8:30	<div>GRIT FALL CAMP</div>								
9:00									
9:30									
10:00									
10:30									
11:00									
11:30									
12:00									
12:30									
1:00									
1:30									
2:00									
2:30	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING				
3:00	GRIT Kickstarters		GRIT Tumblers	GRIT Kickstarters	Future Free-runners	Beginner Parkour	Future Free-runners	Beginner Parkour	
3:30									
4:00	GRIT	GRIT	GRIT	GRIT	GRIT	Beginner Parkour		Beginner Parkour	
4:30	Kickstarters	Jump Start	Tumbling & Gymnastics	Kickstarters	Jump Start	Beginner Parkour		Beginner Parkour	
5:00	GRIT	GRIT	GRIT	GRIT	GRIT	Youth Parkour Level 1 & 2		Youth Parkour Level 1 & 2	
5:30	Jump Start	Jump Start	Tumbling & Gymnastics	Kickstarters	Jump Start	Youth Parkour Level 1 & 2		Youth Parkour Level 1 & 2	
6:00	Private Training	PARKOUR Level 1 & 2	GRIT Tumbling & Gymnastics Advanced	Private Training	PARKOUR Level 1 & 2	PARKOUR Level 1 & 2	PARKOUR Level 3	PARKOUR Level 1 & 2	PARKOUR Level 3
6:30									
7:00	YOUTH Open Gym (45)		YOUTH Open Gym (45)	YOUTH Open Gym (45)		YOUTH Open Gym (45)		YOUTH Open Gym (45)	
7:30	ADULT Parkour (TBD)		PRIVATE Lessons	PRIVATE Lessons	ADULT Parkour (TBD)		Teen Night		
8:00									
8:30	ALL AGES Open Gym (TBD)		ALL AGES Open Gym (TBD)	ALL AGES Open Gym (TBD)					
9:00									

SATURDAY	SUNDAY	TIME
	Private Training	6:00
		6:30
		7:00
		7:30
		8:00
CLEANING	CLEANING	8:30
Mommy & Me		9:00
		9:30
Beginner PARKOUR	Birthday Parties	10:00
Future Free-runners		10:30
PARKOUR Level 1 & 2		11:00
YOUTH Open Gym		11:30
CLEANING		12:00
Birthday Parties		12:30
		1:00
		1:30
		2:00
		2:30
Birthday Parties		3:00
		3:30
		4:00
		4:30
	ALL AGES Open Gym (TBD)	5:00
Special Events		5:30
		6:00
		6:30
	CLEANING	7:00
		7:30
		8:00
		8:30
		9:00

