



- Forging Elite Fitness -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am	6:00am	6:00am	6:00am	6:00am	
	7:00 am	7:00am	7:00am	7:00am	7:00am	
9:00 am	9:00 am	9:00am	9:00am	9:00am	9:00am	9:00am
10:00 am	5:00 pm	5:00pm	5:00pm	5:00pm	5:00pm	10:00am
	6:00 pm	6:00pm	6:00pm	6:00pm	6:00pm	11:00am
	7:00 pm	7:00pm	7:00pm	7:00pm		

****Classes do fill, PLEASE call ahead to check availability AND RESERVE YOUR SPOT****

*****6 & 7 am Classes BY APPOINTMENT ONLY*****

www.sparksportconditioning.com

(780) 988 - 9668

9340 - 34 Ave