I think opting for no navigation in would be ideal. The user would navigate from the home page using links to what they are interested in.

When the user gets to a subpage, they will have a breadcrumb navigation/side navigation.

On all pages there are internal links that take the user to the selected pages location. For instance...They click on Amy Smith's name where it appears for a class > They are directed to About > Instructor > Amy Smith.
If they want to find out Amy's schedule there is a link that would take them to
Services > Classes > Class Schedule. If they want to know where she is teaching on a specific day
Facility > Location.

All pages I can think of are
Home - Has links to all the other pages
About -
        Facility
        Instructors
        Owner
        History
        Tournaments
Services -
        Classes
        Private Lessons
        Group Events
Facility
        About
        Location
        Gallery
Contact
        Location
        Hours
        Phone
        Email
        Intstructors email