

# SPARTA ACADEMY – CLASS SCHEDULE

**FITNESS**

**MARTIAL ARTS**

## MORNING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING	
7:00AM		CROSS TRAINING		CROSS TRAINING		
8:00AM	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING	
9:00AM		CROSS TRAINING		CROSS TRAINING		CROSS TRAINING
10:00AM						MMA

## EVENING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00PM			CROSS TRAINING		
6:00PM	CROSS TRAINING	KRAV MAGA	KICKBOXING	CROSS TRAINING	CROSS TRAINING
7:00PM	KICKBOXING	CROSS TRAINING	JIU JITSU	KRAV MAGA	JIU JITSU AND KICKBOXING
8:00PM	JIU JITSU				



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[www.SpartaAcademyLA.com](http://www.SpartaAcademyLA.com)