

# SPARTA ACADEMY – CLASS SCHEDULE

FITNESS

MARTIAL ARTS

## MORNING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	CROSS TRAINING	CROSS TRAINING JIU JITSU OPEN MAT	CROSS TRAINING	CROSS TRAINING JIU JITSU OPEN MAT	CROSS TRAINING	
8:00AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
9:00AM						CROSS TRAINING
10:00AM						MMA - NO GI

## EVENING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00PM	CROSS TRAINING	KRAV MAGA	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
7:00PM	KICKBOXING	CROSS TRAINING	KICKBOXING	KRAV MAGA	JIU JITSU – NO GI
8:00PM	JIU JITSU - GI		JIU JITSU - GI		



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