

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 | CROSS TRAINING |
| 8:00AM | CROSS TRAINING | CROSS TRAINING | CROSS TRAINING | CROSS TRAINING | CROSS TRAINING | |
| 9:00AM | | | | | | CROSS TRAINING |
| 10:00AM | | | | | | MMA NOGI/ ADVANCED |
| 11:00AM | | | | | | KIDS MMA |

EVENING CLASSES

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|----------------|-----------------------------|----------------|-----------------------------|--------------------------|
| 4:00PM | | KIDS MMA | | | |
| 6:00PM | CROSS TRAINING | KRAV MAGA /BEGINNING MMA | CROSS TRAINING | CROSS TRAINING | CROSS TRAINING |
| 7:00PM | KICKBOXING | CROSS TRAINING | KICKBOXING | KRAV MAGA /BEGINNING MMA | MMA NOGI/ ADVANCED |
| 8:00PM | JIU JITSU - GI | | JIU JITSU - GI | | |



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