

SPARTA ACADEMY - CLASS SCHEDULE

FITNESS

MARTIAL ARTS

KIDS

MORNING CLASSES

TIME	MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
7:00 AM	CROSS TRAINING	CROSS TRAINING	JIU JITSU OPEN MAT	CROSS TRAINING	CROSS TRAINING	JIU JITSU OPEN MAT	CROSS TRAINING	
8:00 AM	CROSS TRAINING	CROSS TRAINING		CROSS TRAINING	CROSS TRAINING		CROSS TRAINING	
9:00 AM								CROSS TRAINING
10:00 AM								MMA/NO GI
11:00 AM								KIDS MMA

EVENING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 PM					
6:00 PM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING
7:00 PM	MUAY THAI KICKBOXING	KRAV MAGA/ MMA	MUAY THAI KICKBOXING	KRAV MAGA	KRAV MAGA/. MMA
8:00 PM	JIU JITSU - GI	WRESTLING/ NO GI	JIU JITSU - GI		



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