## SPARTAN SCHEDULE

| MON  | TUE                               | WED                               | THU                               | FRI                               | SAT                         |
|--|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------|
| <b>10am</b><br>BJJ All Levels                        | <b>10am</b><br>BJJ All Levels     | <b>10am</b><br>BJJ All Levels     | <b>10am</b><br>BJJ All Levels     | <b>10am</b><br>BJJ No Gi          | <b>10am</b><br>BJJ Open Mat |
| <b>4:30pm</b><br>BJJ Teen (10-15)                    | <b>4:30pm</b><br>BJJ Teen (10-15) | <b>4:30pm</b><br>BJJ Teen (10-15) | <b>4:30pm</b><br>BJJ Teen (10-15) | <b>4:30pm</b><br>BJJ Teen (10-15) |                             |
| <b>5:30pm</b><br>BJJ Kids (5-9)                      | <b>5:30pm</b> BJJ Kids (5-9)      | <b>5:30pm</b> BJJ Kids (5-9)      | <b>5:30pm</b> BJJ Kids (5-9)      | <b>5:30pm</b> BJJ Kids (5-9)      |                             |
| <b>6:30pm</b><br>Muay Thai                           | <b>6:30pm</b> BJJ Fundamentals    | <b>6:30pm</b><br>Muay Thai        | <b>6:30pm</b> BJJ Fundamentals    | <b>6:30pm</b><br>Muay Thai        |                             |
| <b>7:30pm</b><br>BJJ All Levels                      | <b>7:30pm</b><br>BJJ All Levels   | <b>7:30pm</b><br>BJJ All Levels   | <b>7:30pm</b><br>BJJ All Levels   | <b>7:30pm</b><br>BJJ No Gi        |                             |
| BJJ Adults BJJ Kids (5-9) BJJ Teen (10-15) Muay Thai |                                   |                                   |                                   |                                   |                             |