

# SPARTAN SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM-11:30AM	JIU JITSU ADULTS	JIU JITSU ADULTS	JIU JITSU ADULTS	JIU JITSU ADULTS	NO-GI JIU JITSU ADULTS*	JIU JITSU OPEN MAT*
4:30PM-5:30PM	TEENS 9-13 JIU JITSU	TEENS 9-13 JIU JITSU	TEENS 9-13 JIU JITSU	TEENS 9-13 JIU JITSU	TEENS 9-13 NO-GI JIU JITSU	
5:30PM-6:30PM	KIDS 5-8 JIU JITSU	KIDS 5-8 JIU JITSU	KIDS 5-8 JIU JITSU	KIDS 5-8 JIU JITSU	KIDS 5-8 NO-GI JIU JITSU	
6:30PM-7:30PM	JIU JITSU FUNDAMENTALS	NO-GI JIU JITSU ADULTS*	JIU JITSU FUNDAMENTALS	NO-GI JIU JITSU ADULTS*	JIU JITSU FUNDAMENTALS	
7:30PM-9PM	JIU JITSU ADULTS	JIU JITSU ADULTS	JIU JITSU ADULTS	JIU JITSU ADULTS	JIU JITSU ADULTS	

**\*No-Gi Jiu Jitsu:** Uniform required (rash guard + grappling shorts/leggings).

**\*Open Mat:** Experience required. Loaner gis not available for open mat.



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