

SPARTAN

ACADEMY

BJJ TEENS 10-15

MONDAY THROUGH FRIDAY 4:30PM

BJJ KIDS 5-9

MONDAY THROUGH FRIDAY 5:30PM

BJJ FUNDAMENTALS

TUESDAY & THURSDAY 6:30PM

BJJ ALL LEVELS

MONDAY THROUGH FRIDAY 10AM/7:30PM

MUAY THAI

MONDAY, WEDNESDAY & FRIDAY 6:30PM

OPEN MAT

SATURDAY 10AM

*NOGI CLASSES EVERY FRIDAY