

# SPARTAN

## SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM	JIU JITSU ALL LEVELS	JIU JITSU ALL LEVELS	JIU JITSU ALL LEVELS	JIU JITSU ALL LEVELS	NO-GI JIU JITSU ALL LEVELS	JIU JITSU OPEN MAT*
4:30PM	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	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	JIU JITSU FUNDAMENTALS	JIU JITSU FUNDAMENTALS	JIU JITSU FUNDAMENTALS	JIU JITSU FUNDAMENTALS	JIU JITSU FUNDAMENTALS	
7:30PM	JIU JITSU INT/ADV	JIU JITSU INT/ADV	JIU JITSU INT/ADV	JIU JITSU INT/ADV	JIU JITSU INT/ADV	
8:30PM		NO-GI JIU JITSU*		NO-GI JIU JITSU*		

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

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



@spartanpalmcoast



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