

# **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  
TUESDAY & THURSDAY 12PM

## **OPEN MAT**

SATURDAY 10AM

\*NOGI CLASSES EVERY FRIDAY