

Monday	Tuesday	Wednesday	Thursday	Friday
● Spartans TECHNIQUE 8:00 - 9:00AM	● Spartans BASIC 8:00 - 9:00AM	● Spartans TECHNIQUE 8:00 - 9:00AM	● Spartans BASIC 8:00 - 9:00AM	● Spartans TECHNIQUE 8:00 - 9:00AM
● Spartans BASIC 9:15 - 10:15AM	● Spartans TECHNIQUE 8:00 - 9:00AM	● Spartans BASIC 9:15 - 10:15AM	● Spartans TECHNIQUE 8:00 - 9:00AM	● Spartans BASIC 9:15 - 10:15AM
● Spartans TECHNIQUE 11:30 - 12:30PM	● Spartans BASIC 11:30 - 12:30PM	● Spartans TECHNIQUE 11:30 - 12:30PM	● Spartans BASIC 11:30 - 12:30PM	● Spartans TECHNIQUE 11:30 - 12:30PM
● Spartans BASIC 12:45 - 1:45PM	● Spartans TECHNIQUE 12:45 - 1:45PM	● Spartans BASIC 12:45 - 1:45PM	● Spartans TECHNIQUE 12:45 - 1:45PM	● Spartans BASIC 12:45 - 1:45PM
Open Gym/Self-Training/PT 1:45 - 5PM				
● Spartans FIT 5:00 - 5:45PM	● Spartans KIDS 5:00 - 5:45PM	● Spartans S&C 5:00 - 5:45PM	● Spartans KIDS 5:00 - 5:45PM	● Spartans FIT 5:00 - 5:45PM
● Spartans BASIC 6:00 - 7:00PM	● Spartans INTERMEDIATE 6:00 - 7:00PM	● Spartans TECHNIQUE 6:00 - 7:00PM	● Spartans INTERMEDIATE 6:00 - 7:00PM	● Spartans BASIC 6:00 - 7:00PM
● Spartans INTERMEDIATE 7:15 - 8:15PM	● Spartans TECHNIQUE 7:15 - 8:15PM	● Spartans BASIC 7:15 - 8:15PM	● Spartans TECHNIQUE 7:15 - 8:15PM	● Spartans INTERMEDIATE 7:15 - 8:15PM
● Spartans TECHNIQUE 8:30 - 9:30PM	● Spartans BASIC 8:30 - 9:30PM	● Spartans INTERMEDIATE 8:30 - 9:30PM	● Spartans BASIC 8:30 - 9:30PM	● Spartans SPARRING 8:30 - 9:30PM

Saturday	Sunday
● Spartans TECHNIQUE 9:00 - 10:00AM	● Spartans TECHNIQUE 9:00 - 10:00AM
● Spartans FIT 10:15 - 11:00AM	● Spartans KIDS 10:15 - 11:00AM
Open Gym/Self-Training/PT 11:00 - 12:30PM	
● Spartans INTERMEDIATE 12:30 - 1:15PM	● Spartans INTERMEDIATE 12:30 - 1:15PM
● Spartans BASIC 1:45 - 2:45PM	● Spartans BASIC 1:45 - 2:45PM

- Spartans
TECHNIQUE
- Spartans
FIT
- Spartans
Intermediate
- Spartans
BASIC
- Spartans
SPARRING
- Spartans
KIDS



SPRINGLEAF