


Spartans Buona Vista Timetable 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPARTANS TECHNIQUE 7: 00am - 7:45am	SPARTANS BASIC 7:00am - 7:45am	SPARTANS TECHNIQUE 7: 00am - 7:45am	SPARTANS BASIC 7:00am - 7:45am	SPARTANS TECHNIQUE 7: 00am - 7:45am		
SPARTANS BASIC 8:00am - 8:45am	SPARTANS TECHNIQUE 8: 00am - 8:45am	SPARTANS BASIC 8:00am - 8:45am	SPARTANS TECHNIQUE 8: 00am - 8:45am	SPARTANS BASIC 8:00am - 8:45am		
Open Gym					SPARTANS BASIC 9: 00am - 9:45am	SPARTANS TECHNIQUE 9: 00am - 9:45am
SPARTANS IMPACT 10: 00am - 10:45am		SPARTANS IMPACT 10: 00am - 10:45am		SPARTANS IMPACT 10: 00am - 10:45am	SPARTANS TECHNIQUE 10:00am - 10:45am	SPARTANS BASIC 10: 00am - 10:45am
SPARTANS FIT 11:00am - 11:45am	SPARTANS FIT 11:00am - 11:45am	SPARTANS FIT 11:00am - 11:45am	SPARTANS FIT 11:00am - 11:45am	SPARTANS FIT 11:00am - 11:45am	SPARTANS BASIC 11: 00am - 11:45am	SPARTANS TECHNIQUE 11:00am - 11:45am
SPARTANS INTERMEDIATE 12:00pm - 12:45pm	SPARTANS BASIC 12: 00pm - 12:45pm	SPARTANS INTERMEDIATE 12:00pm - 12:45pm	SPARTANS BASIC 12: 00pm - 12:45pm	SPARTANS INTERMEDIATE 12:00pm - 12:45pm	SPARTANS TECHNIQUE 12:00pm - 12:45pm	SPARTANS BASIC 12: 00pm - 12:45pm
SPARTANS BASIC 1:00pm - 1:45pm	SPARTANS TECHNIQUE 1: 00pm - 1:45pm	SPARTANS BASIC 1: 00pm - 1:45pm	SPARTANS TECHNIQUE 1: 00pm - 1:45pm	SPARTANS BASIC 1: 00pm - 1:45pm	SPARTANS BASIC 1: 00pm - 1:45pm	SPARTANS TECHNIQUE 1: 00pm - 1:45pm
Open Gym					SPARTANS KIDS 2:00pm - 2:45pm	SPARTANS KIDS 2:00pm - 2:45pm
	SPARTANS IMPACT 4:30pm - 5:15pm		SPARTANS IMPACT 4: 30pm - 5:15pm			
SPARTANS BASIC 5:30pm - 6:15pm	SPARTANS TECHNIQUE 5: 30pm - 6:15pm	SPARTANS BASIC 5:30pm - 6:15pm	SPARTANS TECHNIQUE 5: 30pm - 6:15pm	SPARTANS BASIC 5:30pm - 6:15pm		
SPARTANS TECHNIQUE 6: 30pm - 7:15pm	SPARTANS BASIC 6:30pm - 7:15pm	SPARTANS TECHNIQUE 6: 30pm - 7:15pm	SPARTANS BASIC 6:30pm - 7:15pm	SPARTANS TECHNIQUE 6: 30pm - 7:15pm		
SPARTANS BASIC 7:30pm - 8:15pm	SPARTANS TECHNIQUE 7:30pm - 8:15pm	SPARTANS BASIC 7:30pm - 8:15pm	SPARTANS TECHNIQUE 7:30pm - 8:15pm	SPARTANS BASIC 7:30pm - 8:15pm		
SPARTANS INTERMEDIATE 8:30pm - 9:15pm	SPARTANS FIGHTER 8:30pm - 9:15pm	SPARTANS INTERMEDIATE 8:30pm - 9:15pm	SPARTANS FIGHTER 8:30pm - 9:15pm			