

TIMETABLE AS OF DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spartans FIT (07:00 - 7:45am)	Spartans S & C (07:00 - 7:45am)	Spartans FIT (07:00 - 7:45am)	Spartans S&C (07:00 - 7:45am)	Spartans FIT (07:00 - 7:45am)	Spartans Fundamentals (08:00 - 9:00am)	Spartan Fundamentals (08:00 - 9:00am)
Spartans S&C (8:00-8:45am)	Spartans FIT (8:00 - 8:45am)	Spartans S & C (8:00 - 8:45am)	Spartans FIT (8:00 - 8:45am)	Spartans S & C (8:00 - 8:45am)	Spartans Tech (9:00 - 9:45am)	Spartans Tech (9:00 - 9:45am)
SANITATION & CLEANING					Spartans Intermediate (10:00-11am)	
SELF TRAINING / Spartans impact Virtual (9:30 - 11:30am)	SELF TRAINING / Spartans Impact Virtual (9:30 - 11:30am)	SELF TRAINING / Spartans Impact Virtual (9:30 - 11:30am)	SELF TRAINING / Spartans Impact Virtual (9:30 - 11:30am)	SELF TRAINING / Spartans Impact Virtual (9:30 - 11:30am)	Spartans Kids (11:00 - 11:45am)	FIGHT TEAM TRAINING
		SANITATION & CLEANING			Spartans Intermediate (12:00-1pm)	Spartans Intermediate (12:00-1pm)
Spartans Fundamentals (12:30 - 1:30pm)	Spartans Tech (12:30 - 1:15pm)	Spartans Fundamentals (12:30 - 1:30pm)	Spartans Tech (12:30 - 1:15pm)	Spartans Fundamentals (12:30 - 1:30pm)	Spartans Impact (1:00 - 1:45pm)	Spartans Impact (1:00 - 1:45pm)
Spartans Tech (1:30 - 2:15pm)	Spartans Impact (1:30 - 2:30pm)	Spartans Tech (1:30 - 2:15pm)	Spartans Fundamentals (1:30 - 2:30pm)	Spartans Tech (1:30 - 2:15pm)		
SANITATION & CLEANING						
SELF TRAINING / /Spartans Impact Virtual (2:30 - 4:30pm)						
Spartans Kids (4:30 - 5:15pm)	Spartans Fundamentals (4:30 - 5:30pm)	Spartans Impact (4:30 - 5:15pm)	Spartans Kids (4:30 - 5:15pm)	Spartans Impact (4:30 - 5:15pm)		
Spartans Fundamentals (5:30 - 6:30pm)	Spartans Tech (5:30 - 6:15pm)	Spartans Fundamentals (5:30 - 6:30pm)	Spartans Tech (5:30 - 6:15pm)	Spartans Fundamentals (5:30 - 6:30pm)		
Spartans Tech (6:30 - 7:15pm)	Spartans Fundamentals (6:30 - 7:30pm)	Spartans Intermediate (6:30 - 7:30pm)	Spartans Intermediate (6:30 - 7:30pm)	Spartans Intermediate (6:30 - 7:30pm)		
Spartans Intermediate (7:30 - 8:30pm)	Spartans Intermediate (7:30 - 8:30pm)	Spartans SPARRING (7:30 - 8:15pm)	Spartans Fundamentals (7:30 - 8:30pm)	Spartans SPARRING (7:30 - 8:15pm)		
Spartans Impact (8:30 - 9:15pm)	FIGHT TEAM TRAINING	Spartans S & C (8:30 - 9:15pm)	Spartans Impact (8:30 - 9:15pm)	Spartans Tech (8:30 - 9:15pm)		

- Spartans Fundamentals : New / Trial**
- Spartans Tech: New / Skilled / Trial**
- Spartans intermediate : Advanced / Higher Intensity**
- Spartans Sparring (Ladies / Mixed)**
- Spartans Kids : 0 - Skilled / Experience. Only 4 - 12 Years old**
- Spartans Strength & Conditioning**
- Spartans Fit**
- Spartans Impact**

Closes 9:30 pm



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