

# Class Schedule



Starting on  
4/17/17

Forest Green Shopping Center  
10039 Baltimore National Pike, Suite J  
Ellicott City, MD 21042

410-750-8000  
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www.spartanmma.us

Class	Monday	Tuesday	Wednesday*	Thursday*	Friday	Saturday
<b>Little Spartan (3-5)</b>		4:00-4:30 Room 3	5:30-6:00 Room 3	4:00-4:30 Room 3	5:30-6:00 Room 3	
<b>TKD (6-11) No Belt-Green</b>	4:45-5:30 Room 1	4:00-4:45 Room 1	4:45-5:30 Room 1	4:00-4:45 Room 1	4:45-5:30 Room 1	
<b>TKD (6-11) Blue-Jr. Black</b>	4:00-4:45 Room 1	4:45-5:30 Room 1	4:00-4:45 Room 1	4:45-5:30 Room 1	4:00-4:45 Room 1	
<b>TKD (6-11) All Belts</b>		6:30-7:15 Room 2		5:30-6:20 Room 1 (Sparring Only)	6:00-6:45 Room 1	10:15-11:00 a.m. Room 2
<b>TKD (12+) All Belts</b>		5:30-6:15 Room 1	6:00-6:45 Room 1	6:30-7:20 Room 2	6:00-6:45 Room 1	11:00-12:00 p.m. Room 1
<b>TKD Family All Belts</b>	6:15-7:05 Room 1	6:15-7:00 Room 1	6:45-7:35 Room 2	7:30-8:20 Room 1 (Sparring Only)	6:00-6:45 Room 1	11:00-12:00 p.m. Room 1
<b>TKD Black Belt</b>		7:00-7:45 Room 1			6:45-7:30 Room 1	
<b>Demo A/B</b>					7:30-8:30 (A) Room 1	9:00-10:15 a.m. (B) 1:00- 2:30 p.m. (A)
<b>Kids MMA (8-13)</b>	5:30-6:15 Room 1		6:45-7:30 Room 1			9:00-9:50 a.m. Room 2
<b>Muay Thai (14+)</b>	7:05-8:05 Room 2			6:30-7:30 Room 1		11:00-12:00 p.m. Room 2
<b>Brazilian Jiu-Jitsu (16+)</b>	7:00-8:30 Room 1		7:00-8:30 Room 1			10:00-11:00 a.m. Room 3
<b>Free Mat</b>	6:45-9:00	6:30-8:00	6:30-8:30	6:30-8:00	6:30-8:00	9:00-12:00 p.m.

Room 1: Big Room  
Room 2: Back Room  
Room 3: Small Room

**\*Bring Sparring Gear to all Wednesday & Thursday TKD classes!**