

Team Octopus Cartersville Class Schedule

801 West Ave Bldg 300
Cartersville, GA 30120

770-334-3241
MMAATL.COM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Nogi BJJ		BJJ All Levels		Nogi BJJ All Levels		
9:00 AM						Kids No Gi	
9:00 AM						Kids Boxing	
10:00 AM						Kickboxing	
10:00 AM						Nogi BJJ	
11:30 AM						MMA	
12:00 PM	Nogi BJJ		Nogi BJJ		Nogi BJJ		
12:00 PM	Kickboxing		Kickboxing		Kickboxing		
4:45 PM	Kids Boxing		Kids Boxing				
5:00 PM		Kids BJJ 4-6		Kids BJJ 4-6			
5:30 PM	Beginners Boxing	Kids BJJ 7-13	Beginners Boxing	Kids BJJ 7-13			
5:30 PM	MMA		MMA		MMA		
5:30 PM	S&C	Kickboxing	S&C	Kickboxing	S&C		
6:30 PM	Kickboxing		Kickboxing		Boxing Sparring		
6:30 PM	BJJ 101	Nogi BJJ	BJJ 101	Nogi BJJ	BJJ All Levels		
7:30 PM	BJJ All Levels		BJJ All Levels				

REMINDERS:

Book EVERY class through Team Octopus App

Check in at front desk for every class

NO shoes on Kickboxing or BJJ mats

Shoes MUST be worn through the gym and locker rooms

Class Descriptions:

MMA FIT - Fitness program that incorporates Strength & Conditioning with striking on heavy bags

S&C - Strength and Conditioning

Kickboxing - Fitness Program using Heavy Bags

MMA - Mixed Martial Arts (Full Contact)

BJJ - Brazilian Jiu Jitsu - Martial art for sport or self-defense: Grappling with submissions