

Team Octopus Midtown Class Schedule

503 Amsterdam Ave
Atlanta, GA 30306

678-273-3939
www.MMAATL.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 am - 6:30 am	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit			
6:45 am - 7:45 am	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit			
6:30 am - 7:30 am	NO Gi BJJ		NO Gi BJJ					
8:00 am -9:00 am								Crossfit
8:30 am - 9:30 am	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit			
	BJJ Fundamentals		BJJ Fundamentals					
9:15 am - 10:15 am						Kickboxing		
						Crossfit		
						Kid's BJJ		
10:30am - 11:30pm						Kickboxing	Open Gym 10 AM - 12 PM	
						Crossfit		
						Womens BJJ / Self Defense		
11:00 am - 12:00 pm		BJJ Fundamentals		BJJ Fundamentals		BJJ Beg/Adv		
12 pm - 1 pm	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit			
	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
	BJJ Advanced	BJJ Advanced		BJJ Advanced	BJJ Advanced			
4:15 pm-5:15 pm	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit			
4:30 pm - 5:30 pm	Kid's BJJ	Kid's Kickboxing	Kid's BJJ	Kid's Kickboxing				
	Kickboxing		Kickboxing					
5 pm - 6 pm					Muay Thai			
5:30 pm - 6:30 pm	BJJ 101	BJJ 101	BJJ 101	BJJ 101				
	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit			
	Muay Thai		Muay Thai					
5:30 pm - 7 pm		BJJ Fundamentals		BJJ Fundamentals				
6 pm - 8 pm					NO Gi BJJ			
6:30 pm - 8 pm	BJJ Beg/Adv	BJJ Advanced	NO Gi BJJ	BJJ Advanced				
6:45 pm - 7:45 pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing			