

## Team Octopus Chamblee Class Schedule

3695 Longview Dr  
Chamblee, GA 30341

678-368-4331  
[MMAATL.COM](http://MMAATL.COM)

| Time     | Monday                  | Tuesday                     | Wednesday               | Thursday                    | Friday                  | Saturday                | Sunday |
|----------|-------------------------|-----------------------------|-------------------------|-----------------------------|-------------------------|-------------------------|--------|
| 6:00 AM  | Kickboxing              |                             | Kickboxing              |                             | Kickboxing              |                         |        |
| 6:00 AM  | Strength & Conditioning |                             | Strength & Conditioning |                             | Strength & Conditioning |                         |        |
| 9:30 AM  |                         |                             |                         |                             |                         | Muay Thai Sparring      |        |
| 10:00 AM | Kickboxing              | Kickboxing                  | Kickboxing              | Kickboxing                  | Kickboxing              | Kickboxing              |        |
| 10:00 AM |                         |                             |                         |                             |                         | Strength & Conditioning |        |
| 11:00 AM |                         |                             |                         |                             |                         | Brazilian Jiu-Jitsu     |        |
| 11:00 AM |                         |                             |                         |                             |                         | Kickboxing              |        |
| 11:00 AM |                         |                             |                         |                             |                         | Strength & Conditioning |        |
| 11:00 AM |                         | Brazilian Jiu-Jitsu (No Gi) |                         | Brazilian Jiu-Jitsu (No Gi) |                         |                         |        |
| 11:30 AM | Brazilian Jiu-Jitsu     |                             | Brazilian Jiu-Jitsu     |                             | Brazilian Jiu-Jitsu     |                         |        |
| 12:00 PM | Strength & Conditioning | Strength & Conditioning     | Strength & Conditioning | Strength & Conditioning     | Strength & Conditioning |                         |        |
| 12:00 PM | Kickboxing              | Kickboxing                  | Kickboxing              | Kickboxing                  |                         |                         |        |
| 4:15 PM  | Kids BJJ (4-6yr)        |                             | Kids BJJ (4-6yr)        |                             |                         |                         |        |
| 5:00 PM  |                         | Kids No Gi BJJ (7-12yr)     |                         | Kids No Gi BJJ (7-12yr)     |                         |                         |        |
| 5:00 PM  | Kids BJJ (7-12yr)       | Kids Boxing                 | Kids BJJ (7-12yr)       | Kids Boxing                 |                         |                         |        |
| 5:00 PM  | Kickboxing              | Kickboxing                  | Kickboxing              | Kickboxing                  | Kickboxing              |                         |        |
| 5:00 PM  | Strength & Conditioning | Strength & Conditioning     | Strength & Conditioning | Strength & Conditioning     | Strength & Conditioning |                         |        |
| 6:00 PM  | Brazilian Jiu-Jitsu     | Brazilian Jiu-Jitsu (No Gi) | Brazilian Jiu-Jitsu     | Brazilian Jiu-Jitsu (No Gi) |                         |                         |        |
| 6:00 PM  | Kickboxing              | Kickboxing                  | Kickboxing              | Kickboxing                  | Kickboxing              |                         |        |
| 6:00 PM  | Strength & Conditioning | Strength & Conditioning     | Strength & Conditioning | Strength & Conditioning     | Strength & Conditioning |                         |        |
| 6:00 PM  | Boxing                  | Boxing                      | Boxing                  | Boxing                      |                         |                         |        |
| 7:00 PM  | Kickboxing              |                             | Kickboxing              |                             |                         |                         |        |
| 7:00 PM  | Strength & Conditioning | Strength & Conditioning     | Strength & Conditioning | Strength & Conditioning     |                         |                         |        |
| 7:00 PM  | Muay Thai Sparring      | Muay Thai                   | Muay Thai               | Muay Thai                   |                         |                         |        |