

Team Octopus Sandy Springs Class Schedule

6450 Roswell Rd C
Sandy Springs, GA 30328

(678) 666-3838
www.MMAATL.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	S&C	BJJ Advanced	S&C	BJJ Advanced - NoGI	BJJ Open Mat			
9:00 AM		S&C		S&C	S&C			Boxing
9:45 AM								Kids BJJ (4-6)
10:00 AM	Kickboxing		Kickboxing					Intro to Kickboxing
		S&C		S&C				S&C
10:15 AM								Muay Thai
								Kids BJJ (7-12)
11:00 AM								BJJ Advanced
								S&C
12:00 PM	S&C	S&C	S&C	S&C	S&C			
	Kickboxing	Kickboxing	Kickboxing	Kickboxing				
	BJJ Advanced	BJJ Advanced	BJJ Advanced	BJJ Advanced - NoGI	BJJ Advanced			
1:00 PM								Kickboxing
4:15 PM		Kids BJJ 4-6		Kids BJJ (4-6)				
4:45 PM		Kids BJJ (7-12)		Kids BJJ (7-12)				
5:00 PM			Kids Boxing					
	S&C	S&C	S&C	S&C				
	Intro to Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
5:30 PM	BJJ 101		BJJ 101					
		Advanced Kids BJJ		Advanced Kids BJJ				
6:00 PM	S&C	S&C	S&C	S&C				
	Intro to Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
	Boxing	Boxing	Boxing	Boxing				
6:30 PM	BJJ Advanced	BJJ Advanced - NoGI	BJJ Advanced	BJJ Advanced - NoGI				
		BJJ Fundamentals						
	Wrestling			Wrestling				
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai				
	Kickboxing	Kickboxing	Kickboxing	Kickboxing				