

Team Octopus Sandy Springs Class Schedule

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	
6:00 AM		BJJ Advanced		BJJ Advanced - NoGI				
	S&C	S&C	S&C	S&C	S&C			
9:00 AM								Boxing
9:45 AM								Kids BJJ (4-6)
10:00 AM	Kickboxing		Kickboxing					Intro to Kickboxing
		S&C		S&C				S&C
								Muay Thai
10:15 AM								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	
4:30 PM		Kids BJJ 4-6		Kids BJJ (4-6)				
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	BJJ 101 - NOGI				
		Kids BJJ (7-12)		Kids BJJ (7-12)				
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	Wrestling				
		BJJ Fundamentals						
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai				
	Kickboxing	Kickboxing	Kickboxing	Kickboxing				