

Team Octopus Chamblee Class Schedule

3695 Longview Dr
Chamblee, GA 30341

678-368-4331
MMAATL.COM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing		
6:00 AM	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning		
9:30 AM						Muay Thai Sparring	
10:00 AM	Cardio Kickboxing	Muay Thai Fitness & Fundamentals	Cardio Kickboxing	Muay Thai Fitness & Fundamentals	Cardio Kickboxing	Cardio Kickboxing	
10:00 AM						Strength & Conditioning	
11:00 AM						BJJ Gi Fundamentals	
11:00 AM						Cardio Kickboxing	
11:00 AM						Strength & Conditioning	
11:00 AM		Brazilian Jiu-Jitsu No-Gi Advanced		Brazilian Jiu-Jitsu No-Gi Advanced			
11:30 AM	BJJ Gi Fundamentals/Advanced		BJJ Gi Fundamentals/Advanced		BJJ Gi Fundamentals/Advanced		
12:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	BJJ Gi Advanced	
12:00 PM	Boxing	Muay Thai	Boxing	Muay Thai			
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	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		
5:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
6:00 PM	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		
6:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
6:00 PM	Boxing	Boxing	Boxing	Boxing			
6:00 PM	BJJ Gi Fundamentals	BJJ No-Gi Fundamentals	BJJ Gi Fundamentals	BJJ No-Gi Fundamentals			
7:00 PM	BJJ Gi Advanced	BJJ No-Gi Advanced	BJJ Gi Advanced	BJJ No-Gi Advanced			
7:00 PM	Cardio Kickboxing		Boxing Fitness & Fundamentals				
7:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning			
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			