

3695 Longview Dr  
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning		
9:00 AM						Kids BJJ (7-12yr)	
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	
10:00 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/Advance	BJJ Gi & No-Gi Advanced	
12:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
12:00 PM	Boxing	Muay Thai	Boxing	Muay Thai			
4:15 PM	Kids BJJ (4-6yr)	Kids HIIT (7-12)	Kids BJJ (4-6yr)	Kids HIIT(7-12yr)			
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	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning			
7:00 PM	Cardio Kickboxing		Cardio Kickboxing				
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

### Gym Rules

- \*All Members must enroll for their classes
- \*Wear shoes in the bathroom and outside the building
- \*Put all equipment back after use
- \*No cursing or foul language on the gym floor
- \*Don't leave your belongings in the gym

**ENROLLMENT FEE: \$150**

**MONTHLY CHARGE: \$180**

VISIT US @:  
[MMAATL.COM](http://MMAATL.COM)

**\*NO LONG TERM CONTRACTS. 60 DAY NOTICE TO CANCEL POLICY**  
**\*MEMBERSHIP GRANTS UNLIMITED ACCESS TO ALL CLASSES AND LOCATIONS**

Scan Here to Sign up!

