





teamocto@gmail.c	com	Saur Tell		A -		MUAYTHAI	
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	
40.00 444	Candia Kiakhawina	Muay Thai Fitness &	Candia Kiakhawina	Muay Thai Fitness &	Candia Kiakhawina	Candia Kialdaavina	
10:00 AM 10:00 AM	Cardio Kickboxing	Fundamentals	Cardio Kickboxing	Fundamentals	Cardio Kickboxing	Cardio Kickboxing	
						Strength & Conditioning	
10:00 AM						BJJ Gi Fundamentals	
11:00 AM 11:00 AM						Cardio Kickboxing	
11:00 AW		Brazilian Jiu-Jitsu No-Gi		Brazilian Jiu-Jitsu <i>No-Gi</i>		Strength & Conditioning	
11:00 AM		Advanced		Advanced			
	BJJ Gi		BJJ Gi		BJJ Gi		
11:00 AM	Fundamentals/Advanced		Fundamentals/Advanced		Fundamentals/Advance	BJJ 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			
7:00 PM	Cardio Kickboxing		Boxing Fitness & Fundamentals				
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
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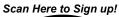
Gym Rules

*All Members must enroll for their classes

ENROLLMENT FEE: \$150

MONTHLY CHARGE: \$180

VISIT US @: MMAATL.COM *NO LONG TERM CONTRACTS. 60 DAY NOTICE TO CANCEL POLICY
*MEMBERSHIP GRANTS UNLIMITED ACCESS TO ALL CLASSES AND LOCATIONS





^{*}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