

# Team Octopus Sandy Springs Class Schedule

6450 Roswell Rd C  
Sandy Springs, GA 30328

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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	S&C	BJJ Advanced	S&C	BJJ Advanced - NoGI	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	
10:15 AM								Muay Thai	
11:00 AM								Kids BJJ (7-12)	
								BJJ Advanced	
12:00 PM	S&C	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					
5:30 PM	Intro to Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing				
	BJJ 101		BJJ 101	BJJ 101 - NOGI					
6:00 PM		Kids BJJ (7-12)		Kids BJJ (7-12)					
	S&C	S&C	S&C	S&C					
6:30 PM	Intro to Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing				
	Boxing	Boxing	Boxing	Boxing					
7:00 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					