

Team Octopus Sandy Springs Class Schedule

6450 Roswell Rd C
Sandy Springs, GA 30328

(678) 666-3838
www.MMAATL.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	No Gi BJJ Advanced	BJJ Advanced		No Gi BJJ Advanced			
	S&C		S&C		S&C		
9:00 AM						Boxing	
10:00 AM						Cardio Kickboxing	
		S&C		S&C		S&C	
11:00 AM		No Gi BJJ Fundamentals		No Gi BJJ Fundamentals		Muay Thai	
						BJJ Advanced	
12:00 PM						S&C	
	S&C		S&C				
	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing			
1:00 PM	BJJ Advanced	BJJ Advanced	BJJ Advanced	No Gi BJJ Advanced	BJJ Advanced		
							Cardio Kickboxing
5:00 PM	S&C	S&C	S&C	S&C			
	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		
5:30 PM	BJJ Fundamentals		BJJ Fundamentals	No Gi BJJ Fundamentals			
6:00 PM	S&C	S&C	S&C	S&C			
	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		
	Boxing	Boxing	Boxing	Boxing			
6:30 PM	BJJ Advanced	No Gi BJJ Advanced	BJJ Advanced	No Gi BJJ Advanced			
		BJJ Fundamentals					
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing			