ATLAS GRAPPLING WILL OPEN FROM 9:00 - 10:30AM AND 3:00 - 9:00PM ON MONDAY - SATURDAY & 10:00 - 11:30AM ON SUNDAY

THE WEIGHT AREA AND EMPTY MAT ARE OPEN FOR ADULT MEMBERS DURING ANY OPEN HOURS

	SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT 1	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
9:00		ADULT BJJ 9:00 – 10:30		ADULT BJJ 9:00 – 10:30		ADULT NO-GI 9:00 – 10:30		ADULT BJJ 9:00 – 10:30		ADULT NO-GI 9:00 – 10:30			
9:30													
10:00	WOMEN'S BJJ 10:00 – 11:30											OPEN MAT 10:00 – 11:30 FREE	
10:30													
11:00													
3:00	CLOSED	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		CLOSED	
5:00		8 + KID'S BJJ 5:00 – 6:00	LITTLE KIDS BJJ 5:15 – 6:00	8 + KID'S BJJ 5:00 – 6:00		8 + KID'S BJJ 5:00 – 6:00	LITTLE KIDS BJJ 5:15 – 6:00	8 + KID'S BJJ 5:00 – 6:00		8 + KID'S BJJ 5:00 – 6:00	WRESTLING LEVEL 1 (4–7) 5:00 – 6:00		
5:30													
6:00		ADVANCED KID'S BJJ 6:00 – 7:00		ADULT BJJ FUNDAMENTALS 6:00 – 7:00	GI TAKEDOWNS 6:00 – 7:00	ADVANCED KID'S BJJ 6:00 – 7:00	WRESTLING LEVEL 3 (14+) 6:00 – 7:00	ADULT BJJ FUNDAMENTALS 6:00 – 7:00		ADULT NO-GI FUNDAMENTALS 6:00 – 7:00	WRESTLING LEVEL 2 (8–13) 6:00 – 7:00		
6:30													
7:00		ADULT BJJ 7:00 – 8:30		ADULT BJJ 7:00 – 8:30		ADULT NO-GI 7:00 – 8:30		ADULT BJJ 7:00 – 8:30		ADULT NO-GI 7:00 – 8:30			
7:30													
8:00													
8:30													