ATLAS GRAPPLING

OPEN MONDAY - FRIDAY 9:00 - 10:30AM & 2:00PM - 9:00PM.

OPEN SATURDAY 9:00AM - 12:00PM. CLOSED ALL DAY SUNDAY.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	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 GI 9:00 – 10:30		ADULT BJJ GI 9:00 – 10:30		ADULT BJJ NO-GI 9:00 – 10:30		ADULT BJJ GI 9:00 – 10:30		ADULT BJJ NO-GI 9:00 – 10:30			COMPETITION TRAINING 9:00 – 10:00
9:30												
10:00											GRAPPLING OPEN MAT 10:00 – 11:30 *FREE*	
10:30												
11:00												STRIKING 14+ 11:00 – 12:00
11:30												
2:00											CLOSED	
4:00				ADULT BJJ GI 4:00 – 5:30				ADULT NO-GI NO-GI 4:00 – 5:30				
4:30												
5:00	KIDS BJJ 8+ GI 5:00 – 6:00	LITTLES GRAPPLING GI BJJ 5:15 – 6:00	KIDS BJJ 8+ GI 5:00 – 6:00		KIDS BJJ 8+ NO-GI 5:00 – 6:00	LITTLES GRAPPLING NO-GI BJJ 5:15 – 6:00	KIDS BJJ 8+ GI 5:00 – 6:00		KIDS BJJ 8+ GI 5:00 – 6:00	LITTLES GRAPPLING WRESTLING 5:15 – 6:00		
5:30												
6:00	ADVANCED KIDS BJJ 6:00 – 7:00	WOMENS GI BJJ *FREE* 6:00 – 7:00	ADULT BJJ FUNDAMENTALS 6:00 – 7:00	JUDO (AGES 8+) 6:00 – 7:00	ADVANCED KIDS BJJ NO-GI 6:00 – 7:00	ADULT WRESTLING (AGES 14+) 6:00 – 7:00	ADULT BJJ FUNDAMENTALS 6:00 – 7:00	JUDO (AGES 8+) 6:00 – 7:00	ADULT BJJ NO-GI FUNDAMENTALS 6:00 – 7:00	YOUTH WRESTLING (AGES 8-13) 6:00 – 7:00		
6:30												
7:00	ADULT BJJ GI 7:00 – 8:30		ADULT BJJ GI 7:00 – 8:30		ADULT BJJ NO-GI 7:00 – 8:30		ADULT BJJ GI 7:00 – 8:30		ADULT BJJ NO-GI 7:00 – 8:30			
7:30												
8:00												