ATLAS GRAPPLING

	6AM - 11AM & 3PM-9PM MONDAY		9AM - 11AM & 3PM-9PM TUESDAY		9AM - 11AM & 3PM-9PM WEDNESDAY		6AM - 11AM & 3PM-9PM THURSDAY		9AM - 11AM & 3PM-9PM FRIDAY		9AM-12PM 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
6:00	Adult Gi BJJ						Adult No-Gi BJJ					
6:30												
7:00												
7:30												
8:00												
8:30												
9:00	Adult Gi BJJ		Adult Gi BJJ		Adult No-Gi BJJ		Adult Gi BJJ		Adult No-Gi BJJ			Kids & Adult Judo
9:30												
10:00											BJJ Open Mat	
10:30												
11:00												
11:30												
	11:00 TO 3:00 CLOSED										12:00 CLOSED	
3:00												
3:30												
4:00												
4:45	Kids Gi BJJ	Littles Gi BJJ	Kids Gi BJJ	Little Wrestling	Kids No-Gi BJJ	Littles No-Gi BJJ	Kids Gi BJJ	Little Wrestling	Kids No-Gi BJJ	Littles Gi BJJ		
5:00												
5:15		Adult Judo				Adult Judo						
5:30												
6:00	Kids & Adult Judo	Kids Wrestling	Gi Fundamentals	Adult Wrestling	Kids & Adult Judo	Club Wrestling	Gi Fundamentals	Adult Wrestling	No-Gi Fundamentals	Kids Wrestling		
6:30												
7:00	Adult Gi BJJ		Adult Gi BJJ		Adult No-Gi BJJ		Adult Gi BJJ		Adult No-Gi BJJ			
7:30												
8:00												
8:30												