ALL CLASSES

ATLAS GRAPPLING

OPEN MONDAY - FRIDAY 9:00 - 10:30AM & 2:00 - 9:00PM. OPEN SATURDAY 9:00 - 11:30AM

THE WEIGHT AREA AND EMPTY MATS 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
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		STRENGTH & CONDITIONING 9:00 – 10:00
9:30												
10:00												OPEN MAT 10:00 – 11:30 FREE
10:30												
11:00												
2:00	C	GYM OPENS AT 2:00 PM MONDAY – FRIDAY										C
4:00	L				ADULT BJJ 4:00 – 5:30				ADULT NO-GI 4:00 – 5:30			L
4:30	O											O
5:00	S	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 NO-GI 5:00 – 6:00	LITTLE KIDS BJJ NO-GI 5:15 – 6:00	8 + KID'S BJJ 5:00 – 6:00		8 + KID'S BJJ 5:00 – 6:00	WRESTLING (AGES 4-7) 5:15 – 6:00	S
5:30	E											E
6:00	D	ADVANCED KID'S BJJ 6:00 – 7:00	WOMEN'S GI BJJ (FREE) 6:00 – 7:00	ADULT BJJ FUNDAMENTALS 6:00 – 7:00	JUDO (AGES 12+) 6:00 – 7:00	ADVANCED KID'S BJJ NO-GI 6:00 – 7:00	WRESTLING (AGES 14+) 6:00 – 7:00	ADULT BJJ FUNDAMENTALS 6:00 – 7:00	JUDO (AGES 12+) 6:00 – 7:00	ADULT NO-GI FUNDAMENTALS 6:00 – 7:00	WRESTLING (AGES 8-13) 6:00 – 7:00	D
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												