

American Top Team Sandy Springs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM						Kids Jiu Jitsu Ages 3-7 9:30am to 10:15am Kids Jiu Jitsu Ages 8-13 10:15am to 11:00am
10:00 AM	Cardio Kickboxing	Strength & Conditioning	Cardio Kickboxing	Strength & Conditioning	Cardio Kickboxing	Cardio Kickboxing
11:00 AM						No Gi Jiu Jitsu
12:00 PM	Jiu Jitsu Gi Cardio Kickboxing	No Gi Jiu Jitsu Cardio Kickboxing	Jiu Jitsu Gi Cardio Kickboxing	No Gi Jiu Jitsu Cardio Kickboxing	Jiu Jitsu Gi Cardio Kickboxing	MMA
4:30 PM	Kids Jiu Jitsu Ages 3-7	Kids Jiu Jitsu Ages 3-7 4:30pm to 5:00pm	Kids Jiu Jitsu Ages 3-7			
5:00 PM		Kids Jiu Jitsu Ages 8-13 5:00pm to 5:45pm		Kids No Gi Jiu Jitsu Ages 8-13 5:00pm to 5:45pm		
5:30 PM	Cardio Kickboxing Adv Muay Thai	Cardio Kickboxing Adv Muay Thai	Cardio Kickboxing Adv Muay Thai	Cardio Kickboxing Adv Muay Thai	Kids Gi Jiu Jitsu Ages 8-14	
6:30 PM	No Gi Jiu Jitsu Cardio Kickboxing MMA	Jiu Jitsu Gi - All levels Cardio Kickboxing Beg Muay Thai	No Gi Jiu Jitsu Cardio Kickboxing MMA	Jiu Jitsu Gi - All levels Cardio Kickboxing Beg Muay Thai	Grappling for MMA ALL LEVELS	
7:30 PM	Jiu Jitsu Gi - Foundation	MMA	Jiu Jitsu Gi - Foundation Beg Muay Thai	MMA		

Class instructors can change based on availability. Class times may also be adjusted.