

## American Top Team Sandy Springs Schedule

|                 | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|-----------------|--|---|--|--|---|---|
| <b>6:30 AM</b>  |  | <b>Jiu Jitsu</b><br>Daniel  |  | <b>Jiu Jitsu</b><br>Daniel   |   |   |
| <b>10:00 AM</b> | <b>Cardio Kickboxing</b><br>Moe  | <b>Strength &amp; Conditioning</b><br>Dave  | <b>Pro Training - Jucao</b><br><b>Cardio Kick - Moe</b>                              | <b>Strength &amp; Conditioning</b><br>Dave   | <b>Cardio Kickboxing</b><br>Moe                         | <b>Kids Jiu Jitsu - Daniel</b><br><b>Cardio Kick - John</b> |
| <b>11:00 AM</b> |  |   |  |  |   | <b>No Gi Jiu Jitsu</b><br>Daniel                            |
| <b>12:00 PM</b> | <b>Jiu Jitsu - Daniel</b><br><b>Cardio Kick - Jahmar</b>                           | <b>No Gi Jiu Jitsu - Daniel</b><br><b>Cardio Kick - Marcus/Jahmar</b><br><b>Muay Thai - Tubbs</b> | <b>Jiu Jitsu - Daniel</b><br><b>Cardio Kick - Moe/Jahmar</b>                         | <b>No Gi Jiu Jitsu - Daniel</b><br><b>Cardio Kick - Marcus</b><br><b>Muay Thai - Tubbs</b> | <b>Jiu Jitsu - Daniel</b><br><b>Cardio Kick - Tubbs</b> | <b>MMA</b><br>Tubbs   |
| <b>4:30 PM</b>  | <b>Kids Jiu Jitsu</b><br>Daniel  | <b>Kids Jiu Jitsu</b><br>Daniel   | <b>Kids Jiu Jitsu</b><br>Daniel  |  |   |   |
| <b>5:30 PM</b>  | <b>Cardio Kick - Mike</b><br><b>Adv Muay Thai - Tubbs</b>                          | <b>Cardio Kick - Dave</b><br><b>Adv Muay Thai - Tubbs</b>   | <b>Cardio Kick - Marcus</b><br><b>Adv Muay Thai - Tubbs</b>                          | <b>Cardio Kick - Moe</b><br><b>Adv Muay Thai - Tubbs</b>                                   | <b>No Gi Competition Training</b><br>Ernesto            |   |
| <b>6:30 PM</b>  | <b>No Gi Jiu Jitsu - Ernesto</b><br><b>Cardio Kick - Bolo</b><br><b>MMA - Will</b> | <b>Jiu Jitsu - Daniel</b><br><b>Cardio Kick - Marcus</b><br><b>Beg Muay Thai - John</b>           | <b>No Gi Jiu Jitsu - Ernesto</b><br><b>Cardio Kick - Marcus</b><br><b>MMA - Will</b> | <b>Jiu Jitsu - Daniel</b><br><b>Cardio Kick - Moe</b><br><b>Beg Muay Thai - Tubbs</b>      |   |   |
| <b>7:30 PM</b>  | <b>Beginner Jiu Jitsu</b><br>Daniel  | <b>MMA</b><br>Will  | <b>Jiu Jitsu - Daniel</b><br><b>Beg Muay Thai - John</b>                             | <b>MMA</b><br>Will   |   |   |

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