

## American Top Team Sandy Springs Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|-----------|----------|--------|----------|
|--------|---------|-----------|----------|--------|----------|

|          |   |   |   |   |                                   |  |
|----------|---|---|---|---|-----------------------------------|--|
| 9:30 AM  |   |   |   |   |                                   | <b>Kids Jiu Jitsu Ages 3-7</b><br>9:30am to 10:15am<br><b>Kids Jiu Jitsu Ages 8-13</b><br>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<br>Cardio Kickboxing           | No Gi Jiu Jitsu<br>Cardio Kickboxing<br>Muay Thai               | Jiu Jitsu Gi<br>Cardio Kickboxing               | No Gi Jiu Jitsu<br>Cardio Kickboxing<br>Muay Thai               | Jiu Jitsu Gi<br>Cardio Kickboxing | MMA  |
| 4:30 PM  | Kids Jiu Jitsu<br>Ages 3-7                  | Kids Jiu Jitsu Ages 3-7<br>4:30pm to 5:00pm                     | Kids Jiu Jitsu<br>Ages 3-7                      |   |                                   |  |
| 5:00 PM  |   |   | Kids Jiu Jitsu<br>Ages 8-13<br>5:00pm to 5:45pm |   |                                   | Kids No Gi Jiu Jitsu<br>Ages 8-13<br>5:00pm to 5:45pm  |
| 5:30 PM  | Cardio Kickboxing<br>Adv Muay Thai          | Cardio Kickboxing<br>Adv Muay Thai                              | Cardio Kickboxing<br>Adv Muay Thai              | Cardio Kickboxing<br>Adv Muay Thai                              | Kids Gi Jiu Jitsu<br>Ages 8-13    |  |
| 6:30 PM  | No Gi Jiu Jitsu<br>Cardio Kickboxing<br>MMA | Jiu Jitsu Gi - All levels<br>Cardio Kickboxing<br>Beg Muay Thai | No Gi Jiu Jitsu<br>Cardio Kickboxing<br>MMA     | Jiu Jitsu Gi - All levels<br>Cardio Kickboxing<br>Beg Muay Thai | Grappling for MMA<br>ALL LEVELS   |  |
| 7:30 PM  | Jiu Jitsu Gi - Foundation                   | MMA   | Jiu Jitsu Gi - Foundation<br>Beg Muay Thai      | MMA   |                                   |  |

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