

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 Muay Thai	Jiu Jitsu Gi Cardio Kickboxing	No Gi Jiu Jitsu Cardio Kickboxing Muay Thai	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 8-13	
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.