

American Top Team Sandy Springs Schedule

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

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