

American Top Team Sandy Springs Schedule



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:30 AM						
10:00 AM	CARDIO KICKBOXING - MOE	STRENGTH & CONDITIONING - Lutz	PRO TRAINING - Jucao CARDIO KICK. - Moe	STRENGTH & CONDITIONING - Lutz		KIDS JIU JITSU - Matos CARDIO KICK. - Lutz
11:00 AM						NO GI - Matos
12:00 PM	JIU JITSU - Matos CARDIO KICK - Lutz	NO GI - Matos CARDIO KICK - Tubbs	JIU JITSU - Jucao CARDIO KICK. - Lutz	NO GI - Matos CARDIO KICK - Tubbs	JIU JITSU - Matos CARDIO KICK - Tubbs	MMA - Tubbs
4:30 PM	KIDS JIU JITSU - Matos	KIDS JIU JITSU - Matos	KIDS JIU JITSU - Matos			
5:30 PM	CARDIO KICK. - Lutz MUAY THAI ADV - Tubbs	CARDIO KICK. - Lutz MUAY THAI ADV - Tubbs	CARDIO KICK. - Lutz MUAY THAI ADV - Tubbs	CARDIO KICK. - Moe/JW MUAY THAI ADV - Tubbs		
6:30 PM	NO GI - Rivera CARDIO KICK. - Lutz JIU JITSU BEG - Matos	CARDIO KICK. - Lutz MUAY THAI BEG - Tubbs JIU JITSU - Matos	NO GI - Rivera CARDIO KICK. - Lutz JIU JITSU BEG - Matos	CARDIO KICK. - Moe/JW MUAY THAI BEG - Tubbs JIU JITSU - Matos		
7:30 PM	MMA - Brooks	MMA - Brooks	MMA - Brooks Muay Thai Beg- Lutz	MMA - Brooks		