ATLAS GRAPPLING

OPEN MONDAY - FRIDAY 9:00 - 10:30AM & 2:00PM - 9:00PM. OPEN SATURDAY 9:00AM - 12:00PM.

CLOSED SUNDAY.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
9:00	ADULT BJJ GI 9:00 – 10:30		ADULT BJJ GI 9:00 – 10:30		ADULT BJJ NO-GI 9:00 – 10:30		ADULT BJJ GI 9:00 – 10:30		ADULT BJJ NO-GI 9:00 – 10:30			COMPETITION TRAINING 9:00 – 10:00
9:30												
10:00											BJJ OPEN MAT 10:00 – 12:00 *FREE*	WRESTLING OPEN MAT 10:00 – 11:00
10:30												
11:00	CLOSED											STRIKING 14+ 11:00 – 12:00
11:30												
2:00											CLOSED	
3:00												
4:00		LITTLES GRAPPLING GI BJJ 4:15 – 5:00		ADULT BJJ GI 4:00 – 5:00		LITTLES GRAPPLING NO-GI BJJ 4:15 – 5:00		ADULT NO-GI NO-GI 4:00 – 5:00		LITTLES GRAPPLING WRESTLING 4:15 – 5:00		
4:30												
5:00	KIDS BJJ 8+ GI 5:00 – 6:00	LITTLES GRAPPLING GI BJJ 5:15 – 6:00	KIDS BJJ 8+ GI 5:00 – 6:00	YOUTH CLUB WRESTLING* 5:00 – 6:00	KIDS BJJ 8+ NO-GI 5:00 – 6:00	LITTLES GRAPPLING NO-GI BJJ 5:15 – 6:00	KIDS BJJ 8+ GI 5:00 – 6:00	YOUTH CLUB WRESTLING* 5:00 – 6:00	KIDS BJJ 8+ NO-GI 5:00 – 6:00	LITTLES GRAPPLING WRESTLING 5:15 – 6:00		
5:30												
6:00	TEEN & ADULT WRESTLING 6:00 – 7:00	WOMENS GI BJJ *FREE* 6:00 – 7:00	ADULT BJJ FUNDAMENTALS 6:00 – 7:00	JUDO (AGES 8+) 6:00 – 7:00	YOUTH WRESTLING (AGES 8–13) 6:00 – 7:00	TEEN & ADULT WRESTLING 6:00 – 7:00	ADULT BJJ FUNDAMENTALS 6:00 – 7:00	JUDO (AGES 8+) 6:00 – 7:00	ADULT BJJ NO-GI FUNDAMENTALS 6:00 – 7:00	YOUTH WRESTLING (AGES 8–13) 6:00 – 7:00		
6:30												
7:00	ADULT BJJ GI 7:00 – 8:30		ADULT BJJ GI 7:00 – 8:30		ADULT BJJ NO-GI 7:00 – 8:30		ADULT BJJ GI 7:00 – 8:30		ADULT BJJ NO-GI 7:00 – 8:30			
7:30												
8:00												