

## ATOS ATLANTA BJJ ADULTS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-8am	Fundamentals Mat 1 (Prof. Bruno)		Fundamentals Mat 1 (Prof. Bruno)		Fundamental Mat 1 (Prof. Bruno)	
10 - 11:30am	Fundamental/Comp Class Mat 1 and Mat 2 (Prof. Bruno)	NO GI All Levels Mat 1 (Prof. Bruno)	Fundamental/Comp Class Mat 1 and Mat 2 (Prof. Bruno)	NO GI All Levels Mat 1 (Prof. Bruno)	Fundamental/Comp Class Mat 1 and Mat 2 (Prof. Bruno)	
11:30-1:00pm						ALL LEVELS Mat 1 Prof Bruno/ Coach Bobby/Coach/Max
6:15-7:15pm	Basics (Self Defense) Mat 1 Self Defense Coach Omar/ Coach Max	Basics (Self Defense) Mat 1 Self Defense Coach Omar/ Coach Max	Basics (Self Defense) Mat 1 Coach Omar/ Coach Max	Basics (Self Defense) Mat 1 Self Defense Coach Omar/ Coach Max		
6:30-8pm					No Gi All Levels Mat 1 Pro. Nathan	
7:30-9pm	All Levels Mat 1 Prof. Bruno	Advanced Mat 1 Prof. Bruno	All Levels Mat 1 Prof. Bruno	Advanced Mat 1 Prof. Bruno		
7:30-9:00pm		No Gi Advanced Mat 2 Prof. Nathan H		No Gi Advanced Mat 2 Prof. Nathan H		

**BASICS-** (Self Defense) -Zero Experience in BJJ up to 2<sup>nd</sup> stripe

**FUNDAMENTALS** – Above 2 stripes in a white belt

**ADVANCE** – Blue Belt and above

**NO-GI ADVANCE-** Blue belt and above

**ALL LEVELS-** All students are allowed to participate

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