

ATOS ATLANTA BJJ ADULTS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-8am	Gi Fundamental (Prof Alex)		Gi Fundamental (Prof. Alex)		Gi Fundamental (Prof. Alex)	
10 - 11:30am	Competition (Prof. Bruno)	NO GI Fundamental (Prof.Bruno)	Gi Advanced (Prof Bruno)	NO GI Fundamental (Prof.Bruno)	Competition Mat 1 (Prof. Bruno)	
11:30-1:00pm						ALL LEVELS Mat 1 Prof Bruno
6:15-7:15pm	Gi Basics Mat 1 Coach Andre/ Coach Moose	Gi Basics Mat 1 Coach Andre/ Coach Moose	Gi Basics Mat 1 Coach Andre/ Coach Moose	Gi Basics Mat 1 Coach Andre/ Coach Moose		
6:30-8pm					No Gi Basics Mat 1 Coach Daniel Smith	
7:30-9pm	GI Advanced Mat 1 Prof.Bruno	GI Advanced Mat 1 Prof.Bruno	GI Advanced Mat 1 Prof.Bruno	GI Advanced Mat 1 Prof.Bruno		
7:30-9:00pm	No Gi Basics Mat 2 Prof Nathan	No Gi Advanced Mat 2 Prof Nathan	No Gi Basics Mat 2 Prof Nathan	No Gi Advanced Mat 2 Prof Nathan		

BASICS- (Self Defense) -Zero Experience in BJJ up to 2nd stripe

FUNDAMENTALS – Above 2 stripes in a white belt

ADAVANCE – Blue Belt and above

NO-GI ADVANCE- Blue belt and above

ALL LEVELS- All students are allowed to participate

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