

ATOS ATLANTA ADULT CALENDAR (13+) 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am-7am	GI ADVANCED Pro Bruno Mat1 GI BASICS Prof Alex Mat 2	No Gi Fundamentals Prof Alex	GI ADVANCED Pro Bruno Mat1 GI BASICS Prof Alex Mat 2	No Gi Fundamentals Prof Alex	GI ADVANCED Pro Bruno Mat 1 GI BASICS Prof Alex Mat 2	
7am-8:30am	Competition Training Pro Bruno		Competition Training Pro Bruno		Competition Training Pro Bruno	
8am-9am						GI Situational & Sparring ALL LEVELS Prof Bruno
9am-10:30am		No GI Fundamental Pro Bruno		No GI Fundamental Pro Bruno		
11:00-12:00pm						No GI Competition Training Prof Alex
12pm-1pm	Gi All Levels Coach Andre		Gi All Levels Coach Andre		Gi All Levels Coach Andre	
6pm-7:15pm		GI ADVANCED Pro Bruno		GI ADVANCED Pro Bruno		
6:15-7:15pm	Intro to BJJ & GI Basics Coach Andre	Intro to BJJ & GI Basics Coach Phillip / Pro Bobby All Levels No GI Prof Alex/Moose	Intro to BJJ & GI Basics Coach Andre	Intro to BJJ & GI Basics Coach Phillip / Pro Bobby All Levels No GI Prof Alex/Moose	GI All Levels Coach Andre All Levels No GI Prof Daniel	
6:30-7:30 pm	GI ADVANCED Pro Bruno		GI ADVANCED Pro Bruno			
7:15pm-8pm		No Gi Situational & Sparring ALL LEVELS Prof Daniel		No Gi Situational & Sparring ALL LEVELS Prof Daniel		