

# Atos Jiu Jitsu HQ

www.atosjiujitsu.com  
(858) 292-5040

ALL CLASSES IN BLUE ARE NO-GI

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:15-7:30am</b>	Rise and Shine BJJ (All Belts)	Rise and Shine BJJ (All Belts)	Rise and Shine BJJ (All Belts)	Rise and Shine BJJ (All Belts)		
<b>7:30-9:00am</b>	Good Morning BJJ (All Belts)	Good Morning BJJ (All Belts)	Good Morning BJJ (All Belts)	Good Morning BJJ (All Belts)	Good Morning BJJ (All Belts)	
<b>9:00am-10:30am</b>	Fundamentals (All Belts)	Fundamentals (All Belts)	Fundamentals (All Belts)	Fundamentals (All Belts)	Fundamentals (All Belts)	
<b>10:00-11:00am</b>						Kids 8-13
<b>10:45-12:45pm</b>	Competition Class	Competition Class		Competition Class	Competition Class	Open Mat 11am-1pm
<b>1:00-3:00pm</b>						
<b>4:00-4:45pm</b>	Kids 3-5	Kids 3-5	Kids 3-5			
<b>4:00-5:00pm</b>	Kid's Competition Class	Kid's Competition Class	Kid's Competition Class	Kid's Competition Class No-Gi	Kid's Competition Class	
<b>5:00-5:45pm</b>	Kids 5-8	Kids 5-8	Kids 5-8	Kids 5-8 No-Gi	Kids 5-8	
<b>5:00-6:00pm</b>	Kids 8-13	Kids 8-13	Kids 8-13	Kids 8-13 No-Gi	Kids 8-13	
<b>5:45pm-7:15pm</b>		Women's Only BJJ (All Belts)		Women's Only BJJ (All Belts)		
<b>6:15-7:45pm</b>	Fundamentals	All Belts No-Gi	Fundamentals BJJ	All Belts No-Gi	Fundamentals BJJ	
<b>6:15-7:45pm</b>	Basics (White-Purple Belts)		Basics (White-Purple Belts)		Basics (White-Purple Belts)	
<b>7:45-8:45pm</b>	Basics No-Gi (White-Purple Belts)	Basics (White-Purple Belts)	Basics No-Gi (White-Purple Belts)	Basics (White-Purple Belts)		
<b>7:45-8:45pm</b>		Advanced Sparring		Masters Only (30+ YRS)		