

ATOS JIU-JITSU HQ | SAN DIEGO, CALIFORNIA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am-7:45am	All Belts (GI)	All Belts (NOGI)	All Belts (GI)	All Belts (NOGI)	All Belts (GI)	
9:00am-10:30am	Fundamentals (GI)	Fundamentals (GI)	Fundamentals (GI)	Fundamentals (GI)	Fundamentals (GI)	
9:00am-10:30am	Advanced NOGI	MMA	Advanced NOGI	MMA		
10:00am-11:00am						Kids Class
10:45am-12:45am	Competition Class	Competition Class		Competition Class	Competition Class	
11:00am-1:00pm						Open Mat
4:00pm-4:45pm	Kids 3-5 (GI)	Kids 3-5 (GI)	Kids 3-5 (GI)			
4:00pm-5:00pm	Kids Competition Class (GI)	Kids Competition Class (GI)	Kids Competition Class (GI)	Kids Competition Class (NOGI)	Kids Competition Class (GI)	
4:00pm-5:00pm	White Belt Intro/Self-Defense (GI)	White Belt Intro/Self-Defense (GI)	White Belt Intro/Self-Defense (GI)	White Belt Intro/Self-Defense (NOGI)		
5:00pm-5:45pm	Kids 5-8 (GI)	Kids 5-8 (GI)	Kids 5-8 (GI)	Kids 5-8 (NOGI)	Kids 5-8 (GI)	
5:00pm-6:00pm	Kids 8-13 (GI)	Kids 8-13 (GI)	Kids 8-13 (GI)	Kids 8-13 (NOGI)	Kids 8-13 (GI)	
5:45pm-7:15pm		Ladies Only		Ladies Only		
6:15pm-7:30pm	NOGI Specifics & Drills	Gi Specifics & Drills	NOGI Specifics & Drills	Gi Specifics & Drills		
6:15pm-7:45pm	Fundamentals (GI)	All Belts (NOGI)	Fundamentals (GI)	All Belts (NOGI)	Fundamentals (GI)	
6:15pm-7:45pm	Basics (GI)		Basics (GI)		Basics (GI)	
7:30pm-8:30pm		Judo		Judo		