

## ADULT SCHEDULE: American Top Team Coconut Creek Academy

MON	TUE	WED	THU	FRI	SAT
Iron Core Fitness Camilla Silva 9:00-10:00am		Iron Core Fitness Camilla Silva 9:00-10:00am		Iron Core Fitness Camilla Silva 9:00-10:00am	Iron Core Fitness Camilla Silva 9:30-10:30am
BJJ – GI All Ranks  10am – 11am	BJJ – GI Advanced  10am – 11am	BJJ – GI All Ranks  10am – 11am	BJJ – GI Advanced  10am – 11am	BJJ – GI All Ranks  10am – 11am	BJJ - Gi  <i>New Time!</i> 10am-11am
Iron Core Fitness Camilla Silva  5:30 – 6:30pm	BJJ – GI Teen Class  5:30-6:30pm	Iron Core Fitness Camilla Silva  5:30 – 6:30pm	BJJ – GI Teen Class  5:30-6:30pm	Iron Core Fitness Camilla Silva  5:30 – 6:30pm	Muay Thai/ Kickboxing  All levels 11am - 12
Boxing  All Levels  6:30-7:30pm	BJJ – GI Advanced Blue & Above  6:30-7:30pm	Boxing  All Levels  6:30-7:30pm	BJJ – GI Advanced Blue & Above  6:30-7:30pm	Boxing  All Levels  6:30-7:30pm	
BJJ - Gi  *Beginner  6:30-7:30pm	Muay Thai Kickboxing Level 1  6:30-7:30pm	BJJ - Gi  *Beginner  6:30-7:30pm	Muay Thai Kickboxing Level 1  6:30-7:30pm	BJJ - Gi  *Beginner  6:30-7:30pm	
BJJ – Gi  <b>Intermediate</b>  6:30-7:30pm	Muay Thai Kickboxing Level 2  7:30-8:30pm	BJJ - Gi  <b>Intermediate</b>  6:30-7:30pm	Muay Thai Kickboxing Level 2  7:30-8:30pm	BJJ - Gi  <b>Intermediate</b>  6:30-7:30pm	
Muay Thai/ Kickboxing  All levels 7:30-8:30pm	BJJ NO GI  <b>Intermediate &amp; Advanced</b> 7:30-8:30pm	Muay Thai/ Kickboxing  All levels 7:30-8:30pm	BJJ NO GI  <b>Intermediate &amp; Advanced</b> 7:30-8:30pm		
MMA Class w/ Master Liborio *Beginner* 7:30 – 9pm	MMA Class w/ Master Liborio *Advanced* 7:30 – 9pm	MMA Class w/ Master Liborio *Beginner* 7:30 – 9pm	MMA Class w/ Master Liborio *Advanced* 7:30 – 9pm	MMA Class w/ Master Liborio *Beginner* 7:30 – 9pm	

**PLEASE NOTE**

*\*Please present your student ID card upon entering - \*Show up 15 minutes before your class starts*

*\*Wear the proper ATT attire for your class*

[www.AmericanTopTeam.com](http://www.AmericanTopTeam.com) – Ph: 954.425.0705