

ADULT SCHEDULE

MON	TUE	WED	THU	FRI	SAT
BJJ – GI All Ranks 10am – 11am		BJJ – GI All Ranks 10am – 11am		BJJ – NO-GI All Ranks 10am – 11am	Scheduled Privates
					Open Mat Grappling & Muay Thai 11-1pm
Boxing All Levels 6:00-7:00pm	Muay Thai Kickboxing Level 1 6:30-7:30pm	Boxing All Levels 6:00-7:00pm	Muay Thai Kickboxing Level 1 6:30-7:30pm	Boxing All Levels 6:00-7:00pm	
BJJ – GI Beginner & Intermediate (White & Green) 6:30-7:30pm	BJJ – GI Blue & Above 6:30-8:00pm	BJJ – GI Beginner & Intermediate (White & Green) 6:30-7:30pm	BJJ – GI Blue & Above 6:30-8:00pm	BJJ – GI Beginner & Intermediate (White & Green) 6:30-7:30pm	
BJJ Orientation 7:00-7:30pm	BJJ NO GI Intermediate & Advanced 7:30-8:30pm	BJJ Orientation 7:00-7:30pm	BJJ NO GI Intermediate & Advanced 7:30-8:30pm	BJJ Orientation 7:00-7:30pm	
BJJ Novice GI 7:30-8:30pm		BJJ Novice GI 7:30-8:30pm		BJJ Novice GI 7:30-8:30pm	
BJJ NO GI Intermediate & Advanced 7:30-9:00pm	Muay Thai Kickboxing Level 2 7:30-8:30pm	BJJ NO GI Intermediate & Advanced 7:30-9:00pm	Muay Thai Kickboxing Level 2 7:30-8:30pm	BJJ NO GI Intermediate & Advanced 7:30-9:00pm	
Intro to MMA 7:30-8:30pm		Intro to MMA 7:30-8:30pm		Intro to MMA 7:30-8:30pm	

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*

*ATT merchandise and gear can be purchased at
Our Pro Shop located inside the Coconut Creek Academy*