

ATOMIC

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
9:00-10:15		GI		GI			
10:00-11:30						COMP CLASS	WEEK IN REVIEW Q&A (10:30-11:30)
11:30-1:00			NO GI (11:30-12:45)			MEMBERS ONLY OPEN MAT	
EVENING							
6:30-8:00	GI	NO GI	GI	NO GI	GI		

JIU JITSU