



ATLAS

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MON	TUES	WED	THUR	SAT
HEAVY BAG 6:00 AM	HEAVY BAG 6:00 AM	HEAVY BAG 6:00 AM	HEAVY BAG 6:00 AM	HEAVY BAG 8:00 AM
TEEN MUAY THAI 4:00 PM	MUAY THAI 9:30 AM	TEEN MUAY THAI 4:00 PM	MUAY THAI 9:30 AM	SPARRING 9:00 AM
TEEN KRAV MAGA 5:00 PM	KRAV MAGA KIDS (4-6) 4:00 PM	TEEN KRAV MAGA 5:00 PM	KRAV MAGA KIDS (4-6) 4:00 PM	KRAV MAGA ALL LEVELS 10:00 AM
MUAY THAI 6:00 PM	KRAV MAGA KIDS (7-9) 4:30 PM	MUAY THAI 6:00 PM	KRAV MAGA KIDS (7-9) 4:30 PM	YOUTH SPARRING 10:00 AM
BJJ 7:00 PM	KRAV MAGA KIDS INT. 5:15 PM	WOMEN'S BJJ 7:00 PM	KRAV MAGA KIDS INT. 5:15 PM	BJJ 11:00 AM
KRAV MAGA INTERMEDIATE 7:00 PM	KRAV MAGA KIDS (7-9) 5:15 PM	SPARRING 7:00 PM	KRAV MAGA KIDS (7-9) 5:15 PM	
KRAV MAGA ADVANCE 8:00 PM	HEAVY BAG 6:15 PM	KRAV MAGA INTERMEDIATE 7:35 PM	HEAVY BAG 6:15 PM	
OPEN MAT 8:00 PM	KRAV MAGA BEG./ INT. 7:15 PM		KRAV MAGA BEG./ INT. 7:15 PM	