

Alpharetta Martial Arts

Updated & effective October 3, 2022

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--|--|---|--|---|---|
| 10:00 AM | . | . | . | . | . | . | Combatives 10 - 11am |
| 11:00 AM | . | . | . | . | . | Brazilian Jiu Jitsu Fundamentals - Gi 10:15 - 11:15am | |
| 12:00 PM | . | . | . | . | . | . | Brazilian Jiu Jitsu Advanced - Gi 11:30 - 1pm |
| 1:00 PM | . | . | . | . | . | . | |
| 6:00 PM | . | Private Training by appointment only | Private Training by appointment only | . | Private Training by appointment only | . | . |
| 7:00 PM | Brazilian Jiu Jitsu Advanced - Gi 7 - 8:15pm | | | Brazilian Jiu Jitsu Fundamentals - Gi 7:30 - 8:30pm | | . | . |
| 8:00 PM | Brazilian Jiu Jitsu NoGi 8:15 - 9:15pm | Combatives 8:15 - 9:30pm | . | Combatives 8:15 - 9:30pm | . | . | . |
| 9:00 PM | . | | . | | . | . | . |