

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30a	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing Adult BJJ*	Cardio Kickboxing	Cardio Kickboxing	Open at 9:30a Saturday
CLOSED 8:00AM OPEN 9:30AM PRIVATE LESSONS INTRO LESSONS SAG-AFTRA Stunts and Tricking Open Mat (reservation required)						
10am	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	TKD All Ages Cardio Kickboxing
11am	OPEN MAT PRIVATE & INTRO LESSONS SAG-AFTRA Stunt Actors and Tricking Open Mat (reservation required)					Extreme TKD Muay Thai Kids BJJ
12pm	Cardio Kickboxing <i>Open Mat</i> BJJ All Ages All Ranks	Cardio Kickboxing TKD- All ages - All Ranks <i>Open Mat</i>	Cardio Kickboxing <i>Open Mat</i>	Cardio Kickboxing TKD- All ages - All Ranks <i>Open Mat</i>	Cardio Kickboxing <i>Open Mat</i>	Cardio Kickboxing TKD Competition Training Adult BJJ All ranks
CLOSED 1:30PM OPEN 3:30PM PRIVATE LESSONS INTRO LESSONS SAG-AFTRA Stunt Performers and Tricking Open Mat (reservation required)						CLOSED AT 1:30PM
4:00pm	OPEN MAT PRIVATE & INTRO LESSONS SAG-AFTRA Stunt Actors and Tricking Open Mat (reservation required)					
5pm	Cardio Kickboxing Kids TKD 8-12 Kids BJJ	Cardio Kickboxing Kids TKD 5-7	Cardio Kickboxing Kids TKD 8-12 Kids BJJ	Cardio Kickboxing Kids TKD 5-7	Cardio Kickboxing BJJ 101 All Ages	Bday Parties & Events: Time is at Trainer's discretion.
6pm	Muay Thai Kickboxing* Kids TKD 5-7	Kids TKD 8-12 Kids BJJ	Muay Thai Kickboxing* Kids TKD 5-7	Kids TKD 8-12 Kids BJJ	Muay Thai Kickboxing TKD All Ages No-gi BJJ All Ages**	
7pm	Cardio Kickboxing BJJ 101 Adults	Cardio Kickboxing TKD Adults BJJ 101 Adults	Cardio Kickboxing No-gi BJJ Adult	Cardio Kickboxing TKD Adults Ladies BJJ	Cardio Kickboxing BJJ Adults All Ranks	
8pm	TKD Adults BJJ Adult All Ranks	Muay Thai Kickboxing* BJJ Adult All Ranks	TKD Adults BJJ Adult All Ranks	Muay Thai Kickboxing* BJJ Adult All Ranks	Closed at 8:30PM Friday	
Birthday Party Times		Scheduled Holidays		All Classes are 50 minute classes TKD ages 5-7 classes are 40 minute classes		
B-day parties are 1.5 hours on Saturday afternoons: Time is at Trainer's discretion.		New Year's Eve December 31		Kids TKD and BJJ	5+	
		New Year's Day Jan 1		Adult TKD and BJJ	Ages: 13+	
		Memorial Day Last Monday of May		2734 E Ponce De Leon Ave. Decatur, GA 30030 (404)-883-3386		
		Independence Day July 4				
		Labor Day First Monday of September				
		Thurs - Sat for Thanksgiving Fourth week in Nov				
		Christmas Eve December 24				
Christmas Day December 25		* denotes a pilot program that is subject to time changes and/or temporary				
Day after Christmas December 26				** Kids need to come with a partner to this class		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Kickboxing	6:30AM	6:30AM	6:30AM	6:30AM	6:30AM	
	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM
	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	
	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ All Ages	12:00PM		6:00PM			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ 101 All Ages					5:00PM	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult BJJ 101	7:00PM	7:00PM				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult BJJ	8:00PM	8:00PM	6:30AM	8:00PM	7:00PM	12:00PM
			8:00PM			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No-gi Adult			7:00PM			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No-gi All Ages					6:00PM	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ladies Jiu-Jitsu				7:00PM		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids BJJ	5:00PM	6:00PM	5:00PM	6:00PM		11:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Kids 5-7	6:00PM	5:00PM	6:00PM	5:00PM		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Kids 8-12	5:00PM	6:00PM	5:00PM	6:00PM		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD All Ages		12:00PM		12:00PM	6:00PM	10:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Adults	8:00PM	7:00PM	8:00-PM	7:00PM		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Competition Class (wear full uniform)						12:00PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai Kickboxing Saturday starts March 3, 2018*					
6:00PM	8:00PM	6:00PM	8:00PM	7:00PM	11:00 AM
Drop In Prices					
Session 1 and Session 2 Open Mats (RESERVATION REQUIRED)					
Session 1 : \$10		M-F	Session 2: \$10		M-F
SAG-AFTRA Tricking All Day Pass: \$15 (6:30AM - 5:00PM)					
SAG-AFTRA Stunt Actors Open Mat Tricking Open Mat Session 1					
M-F 6:30AM - 12:00PM RESERVATION REQUIRED					
SAG-AFTRA Stunt Actors Open Mat Tricking Open Mat Session 2					
M-F 12:00PM - 4:30PM RESERVATION REQUIRED					
Member's Immediate Family Drop-in Class in same class or Member Drop-in for a different class Open Mat					
\$10/Class				Maximum: 1x/week	
Non-Member Drop-in Class Open Mat					
		\$20/Class			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lessons Intro Lessons Open Mat					
6:30AM	6:30AM	6:30AM	6:30AM	6:30AM	
10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	
11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	
4:00PM	4:00PM	12:00PM	4:00PM	12:00PM	
6:00PM	5:00PM	4:00PM	5:00PM	4:00PM	
7:00PM	7:00PM	6:00PM	7:00PM	5:00PM	
				6:00PM	
				7:00PM	

Additional Street Parking available on Grove PL