



American Top Team Atlanta

Phone (770) 364-0777

www.ATTATL.com

2110 FAULKNER ROAD NE

ATLANTA, GA 30324

American Top Team Atlanta Class Schedule – Updated 11.09

Specializing in Carlson Gracie Brazilian Jiu-Jitsu, Muay Thai Kickboxing, Fitness Thai Boxing, Kids Classes, Mixed Martial Arts and Conditioning.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-11am						Fitness Thai Kickboxing Kids Jiu Jitsu
11am-12pm						Jiu Jitsu (All Levels)
12pm-1pm		Jiu Jitsu (All Levels)		Jiu Jitsu (All Levels)	Fight Conditioning	
5:30pm-6:30pm	Fitness Thai Kickboxing	Muay Thai Kids Jiu Jitsu	Fitness Thai Kickboxing	Muay Thai Kids Jiu Jitsu		
6:30pm-7:30pm	Muay Thai Jiu Jitsu (All Levels)	Fitness Thai Kickboxing MMA	Muay Thai Jiu jitsu (All Levels)	Fitness Thai Kickboxing MMA		
7:30pm-8:30pm	Jiu Jitsu (Advanced)	Jiu Jitsu (No-Gi)	Jiu Jitsu (Advanced)	Jiu Jitsu (No-Gi)		

Fitness Thai Kickboxing	Muay Thai Kickboxing	Brazilian Jiu Jitsu	MMA	Kids Jiu Jitsu	Fight Conditioning
Cardio kickboxing meets Muay Thai technique in this fast paced, fun, calorie burning class. Boxing gloves mandatory, hand wraps optional	The most devastating and proven system of striking in the world. Classes consist of bag, pads and sparring. Gloves mandatory for all classes, see instructor for sparring gear requirements.	Self defense and grappling moves based on Carlson Gracie (Brazilian) Jiu Jitsu. Gi required for standard classes, rash guard and shorts for No-Gi classes.	Mixed Martial Arts (MMA) the fastest growing sport in the world and the Ultimate in combat athletics. Learn striking, grappling, and wrestling techniques. Sparring gear required.	The kid's version of the adult Jiu Jitsu class. Your child will learn, the most effective and basic moves from the Gracie Jiu Jitsu self defense system in a fun, safe environment.	Whether you're a fighter or not, this MMA conditioning class will get your heart pumping with cardio vascular and strength building exercises.

Atlanta's premiere martial arts academy. The American Top Team Atlanta (ATTA) is a chapter of Florida's legendary MMA School, The American Top Team out of Coconut Creek. Since its inception, ATT has produced many MMA champions and is home to one of the highest concentration of Brazilian Jiu-Jitsu Black Belts in the world. The American Top Team's training is reflected in its northern counterpart, American Top Team Atlanta. ATTA is headed by 5 time UFC veteran and decorated BJJ Black Belt Roan "Jucão" Carneiro. Jucão is a professional Mixed Martial Arts fighter and is dedicated to ATTA and its students. ATTA has many programs that can accommodate all physical abilities from beginner to expert. Whether you are looking to compete, defend yourself or just to get in shape, ATTA has the right program for you.