







ATTLOWCOUNTRY

1850 Wallace School Rd. Ste A
For Private Classes Call 843-561-4848

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 AM					NO-GI (ALL-Levels)		
9:30 AM	NO-GI (ALL-Levels)		NO-GI (ALL-Levels)				Womens Self Defense Call for schedule
10:00 AM				NO-GI (ALL-Levels)			
11:00 AM						ALL LEVELS	2 PM Kids Wrestling
4:00 PM	Little Fox/Cubs				Little Fox/Cubs BJJ		
5:00 PM	Fox Champs Boxing BJJ Drilling	Fox Champs	Little Fox/Cubs Kickboxing	Fox Champs	Fox Champs	Fox Champs NO-GI	3 PM Wrestling
6:00 PM	Advanced	Advanced	Fox Champ Boxing	Basic BJJ	Competition	ALL LEVELS	
7:00 PM	Basic BJJ	ALL LEVELS	BJJ Drilling	ALL LEVELS	WRESTLING		
8:00 PM	MMA Invite	FUNDAMENTALS	MMA Invite	FUNDAMENTALS	MMA Invite		
	STRIKING						
	MON	TUES	WED	THURS	FRI	SAT	SUN
10:00 AM						 FUNCTIONAL TRAINING	
11:00 AM						All-Levels Striking	
12:00 PM							
6:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai  FUNCTIONAL TRAINING	Muay Thai		
7:00 PM	Boxing	Boxing	Boxing	Boxing	Boxing  FUNCTIONAL TRAINING		
8:00 PM	MMA Invite	Open Sparring All Striking	MMA Invite	Open Sparring All Striking	MMA Invite		

