

WEEKLY CLASS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	●● Intermediate ● Fundamentals	● Fundamentals	●● Intermediate ● Fundamentals	● Fundamentals	●● Intermediate ● Fundamentals	
9:00 AM	★ Little Eagle ★ Eagle Warrior	◆ Diamonds	★ Little Eagle ★ Eagle Warrior	◆ Diamonds	★ Little Eagle ★ Eagle Warrior	◆ Diamonds ★ Little Eagle ★ Eagle Warrior
10:00 AM	● Advanced (1hr 30min)	● Advanced (1hr 30min)	● Advanced (1hr 30min)	● Advanced (1hr 30min)	● Advanced (1hr 30min)	●● Intermediate ● Fundamentals
11:00 AM						☒ Open Mat
12:00 PM	●● Intermediate ● Fundamentals	☒ NoGi ● Fundamentals	●● Intermediate ● Fundamentals	☒ NoGi ● Fundamentals	●● Intermediate ● Fundamentals	
4:00 PM	★ Baby Eagle (45min)		★ Baby Eagle (45min)		★ Baby Eagle (45min)	
5:00 PM	★ Little Eagle ★ Eagle Warrior	★ Little Eagle ★ Eagle Warrior	★ Little Eagle ★ Eagle Warrior	★ Little Eagle ★ Eagle Warrior	★ Little Eagle NO GI ★ Eagle Warrior NO GI	
6:15 PM	●● Intermediate (1hr 15min) ● Fundamentals	● Advanced (1hr 15min) ● Fundamentals	●● Intermediate (1hr 15min) ● Fundamentals	● Advanced (1hr 15min) ● Fundamentals	●● Intermediate (1hr 15min) ● Fundamentals	

- **Alliance Uniform:** Required for Gi and No Gi Classes.
- **New Students:** Intro classes required before attending Fundamentals Class.
- **Class Durations:** All classes are 1 hour unless noted. 6:15 PM classes run 1h15min. 10:00 AM Advanced is 1h30min. Baby Eagle is 45min.

PROGRAMS & AGE GROUPS

★ Baby Eagle 4-5 yrs	★ Little Eagle 6-8 yrs	★ Eagle Warrior 9-12 yrs	★ Eagle Youth 13-15 yrs	◆ Diamonds Women's Only	● Fundamentals White Belts, up to 2 stripes	●● Intermediate White Belts, 2 striped & higher	● Advanced Blue Belt & up	☒ NoGi 2 stripes + or wrestling exp.
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