

WEEKLY CLASS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	● Intermediate ● Fundamentals	● Fundamentals	● Intermediate ● Fundamentals	● Fundamentals	● Intermediate ● Fundamentals	
8:00 AM	⌘ Advanced NO GI (1hr 30min)	⌘ Advanced NO GI (1hr 30min)	⌘ Advanced NO GI (1hr 30min)	⌘ Advanced NO GI (1hr 30min)	⌘ Advanced NO GI (1hr 30min)	● Fundamentals
9:00 AM						★ Little Eagle ★ Eagle Warrior
10:00 AM	★ Little Eagle ★ Eagle Warrior	◆ Diamonds ● Intermediate	★ Little Eagle ★ Eagle Warrior	⌘ Diamonds NO GI ● Intermediate	★ Little Eagle ★ Eagle Warrior	◆ Diamonds ● Intermediate
11:00 AM						⌘ Open Mat (1hr 30min)
12:00 PM	● Intermediate ● Fundamentals	⌘ No Gi ● Fundamentals	● Intermediate ● Fundamentals	⌘ No Gi ● Fundamentals	● Intermediate ● Fundamentals	
4:00 PM	★ Baby Eagle (45min)	🏠 Kids Competition Invitation Only	★ Baby Eagle (45min)	🏠 Kids Competition Invitation Only	★ 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. • **Beginners:** Intro classes required before attending Fundamentals Class. • **Class Durations:** All classes are 1 hour unless noted.
 6:15 PM classes run 1h15min | 8:00 AM from Monday to Friday is 1h30min | Baby Eagle is 45min | Diamonds on Thursdays are No Gi | Open Mat is 1hr 30min

PROGRAMS & AGE GROUPS

★ Baby Eagle 3.5-5 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 stripes & higher	🏠 Advanced Blue Belt & up	⌘ No Gi 2 stripes + or wrestling exp.
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