



ACADEMY SCHEDULE

ALLIANCE ANDERSON

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

6:00

Adult beginner/intermediate

Adult beginner/intermediate

7:30

8:30

9:00

Adult beginner

no-Gi all levels

10:00

11:00

Adult beginner

adult beginner

12:00

wrestling fundamentals

wrestling fundamentals

1:00

open mat

4:00

kids mixed ages no-Gi

kids mixed ages no-Gi

5:00

kids mixed ages

kids mixed ages

kids mixed ages

6:00

Adult advanced

Adult advanced

no-Gi all levels

Adult no-Gi all levels

adult beginner/intermediate

7:00

Adult beginner/intermediate
Gi

no-Gi all levels

Adult beginner/
intermediate

Adult advanced

8:00