



# ACADEMY SCHEDULE, MAIN MAT

ALLIANCE RAMONA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:00		GI ALL LEVEL	NO-GI ALL LEVEL		GI ALL LEVEL		
09:00						LITTLE EAGLES	
09:50						EAGLES WARRIORS	
10:40						TINY EAGLES	
11:00							OPEN MAT
11:30						ALL LEVEL GI or NO-GI	OPEN MAT
12:00							OPEN MAT
15:30			*TINY EAGLES				
15:40		TINY EAGLES		LITTLE EAGLES			
16:00	Advanced EAGLES				ADVANCED EAGLES		
16:10			*LITTLE EAGLES				
16:20		LITTLE EAGLES					
16:30				EAGLES WARRIORS			
17:00	EAGLE COMP		ADVANCED EAGLES		EAGLE COMP		
17:10		EAGLE WARRIOR					
17:20				TINY EAGLES			
18:00	FUNDAMENTALS & SELF-DEFENSE	NO GI INT & ADVANCE	FUNDAMENTALS & SELF-DEFENSE	WOMEN	GI ALL LEVEL		
19:00	GI INT & ADVANCE	NO-GI FUNDAMENTALS	GI INT & ADVANCE	NO GI ALL LEVEL	OPTIONAL EXTRA SPARRING		



# ACADEMY SCHEDULE MAT ROOM 2

R-TOWN JIU-JITSU PACKAGE

ALLIANCE RAMONA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00						ADULTS WRESTLING / ADVANCED EAGLES & EAGLE COMP
10:00						LITTLE EAGLES WRESTLING
10:45						EAGLES WRESTLING
12:00						OPEN MAT 10AM-12PM
15:40	TINY EAGLES		LITTLE EAGLES			
16:00		EAGLE COMP		ADVANCED EAGLES		
16:15					TINY EAGLES	
16:20	EAGLES WARRIOR					
16:30			TINY EAGLES			
17:00		ADVANCED EAGLES		EAGLE COMP	LITTLE EAGLES / EAGLES WARRIOR	
17:10	LITTLE EAGLES		EAGLES WARRIOR			
17:30		WOMEN				
18:00	NO GI INT & ADVANCE	FUNDAMENTALS & SELF-DEFENSE	NO GI ALL LEVEL	GI INT & ADVANCE	40 & UP CLUB	
18:30						
19:00	NO-GI FUNDAMENTALS	GI INT & ADVANCE	40 & UP CLUB	FUNDAMENTALS & SELF-DEFENSE	FUNDAMENTALS / ADVANCE	
19:15						