



ALLIANCE EASTLAKE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Drilling	Drilling	Drilling	Drilling	Drilling	
6:00 AM		Jiu-Jitsu	Muay Thai	Jiu-Jitsu	No/Gi MMA	Drilling	
8:00 AM	Competition						Judo
9:00 AM	Group Therapy						
10:00 AM		Jiu-Jitsu	Open Mat	Jiu-Jitsu	Jiu-Jitsu	No Gi	No Gi
4:00 PM	Essentials of Jiu-Jitsu	Cubs Jiu-Jitsu (4-7)		Cubs Jiu-Jitsu (4-7)			
5:00 PM	Every 3rd Sunday Black/Brown Belts	Lil Lions Jiu-Jitsu (8-up)	Lil Lions MMA	Lil Lions Jiu-Jitsu (8-up)	Old Man Jiu-Jitsu	Kids No Gi	
6:00 PM		Fundamentals Gi	No Gi Advanced Theory	Fundamentals Gi	10 Round	Fundamentals Gi	
7:00 PM		Advanced Gi	Defense Tactics	Advanced Gi			
Mat 2 (2nd Floor)							
9:00 AM			Muay Thai		Muay Thai	Muay Thai	Muay Thai
5:00 PM					Lil Lions MMA		
6:00 PM		Muay Thai	Beg Adult/Teen Muay Thai	Muay Thai	Beg Adult/Teen Muay Thai	Muay Thai	
7:00 PM		Yoga					

Last Modified By: NP
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A minimum of 6 months training is required for advanced Gi Classes

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