



ACADEMY SCHEDULE

ALLIANCE Laguna Hills

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:20am-7:20am	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Intermediate	
9:00am-10:00am	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
9:00am-10:30am	Competition Class	Competition Class	Competition Class	Competition Class		NoGi
9:30am-10:30pm					Intermediate	
10:30am-12:00pm						Takedown BJJ
3:15pm-4:00pm		Kids (All Ages)		Kids (All Ages)		
3:50pm-4:25pm	Kids (3-5)		Kids (3-5)			
4:00pm-5:00pm					Kids Self Defense/MMA	
4:30pm-5:30pm	Kids (All Ages)	Kids No Gi (All Ages)	Kids (All Ages)	Kids No Gi (All Ages)		
5:00pm-6:00pm					Women's Self Defense	
5:30pm-6:30pm	Kids Competition Class Fundamentals		Kids Competition Class Fundamentals			
5:30pm-6:45pm		NoGi		NoGi		
6:00pm-8:00pm					Advanced	
6:30pm-8:00pm	Advanced		Advanced			
6:45pm-8:00pm		Intermediate		Intermediate		