# SCHEDULE

ALLIANCE JIU JITSU NWA

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 6AM | INTERMEDIATE | FUNDAMENTALS | INTERMEDIATE | FUNDAMENTALS | NO GI INTERMEDIATE | |
| 8:30AM | WOMENS SELFDEFENSE | | WOMENS SELFDEFENSE | | WOMENS SELFDEFENSE | |
| 9AM | | | | | | LITTLE EAGLE EAGLE WARRIOR |
| 10AM | EAGLE YOUTH | EAGLE YOUTH | EAGLE YOUTH | EAGLE YOUTH NO GI | | EAGLE YOUTH FUNDAMENTALS |
| 11AM | LITTLE EAGLE EAGLE WARRIOR | LITTLE EAGLE EAGLE WARRIOR | LITTLE EAGLE EAGLE WARRIOR | LITTLE EAGLE NO GI EAGLE WARRIOR NO GI | | ADVANCED INTERMEDIATE |
| 12PM | INTERMEDIATE FUNDAMENTALS | NO GI INTERMEDIATE FUNDAMENTALS | INTERMEDIATE FUNDAMENTALS | NO GI INTERMEDIATE FUNDAMENTALS | INTERMEDIATE FUNDAMENTALS | |
| 4:30PM | | BABY EAGLE | | BABY EAGLE | | |
| 5:30PM | LITTLE EAGLE EAGLE WARRIOR | LITTLE EAGLE EAGLE WARRIOR | LITTLE EAGLE EAGLE WARRIOR | LITTLE EAGLE EAGLE WARRIOR | LITTLE EAGLE NO GI EAGLE WARRIOR NO GI | |
| 6:30PM | EAGLE YOUTH ALL LEVELS | EAGLE YOUTH INTERM/ADVANC | EAGLE YOUTH ALL LEVELS | EAGLE YOUTH INTERM/ADVANC | EAGLE YOUTH NO GI ALL LEVELS | |
| 7:30PM | NO GI INTERMEDIATE | FUNDAMENTALS | NO GI INTERMEDIATE | FUNDAMENTALS | NO GI INTERMEDIATE | |

BABY EAGLE 3-4 y/o LITTLE EAGLE 5-8 y/o EAGLE WARRIOR 9-12 y/o YOUTH 13-17 y/o