



WEEKLY SCHEDULE

ALLIANCE JUNEAU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 PM	FUNDAMENTALS / GI		FUNDAMENTALS / NO GI		FUNDAMENTALS / GI	-
9:30 AM - 10:30 PM	-	-	-	-	-	KIDS KICKBOXING
10:45 AM - 11:45 AM					-	KIDS SELF DEFENSE / MMA
11:30 AM - 13:00 PM	INTERMEDIATE	INTERMEDIATE	NO GI		OPEN MAT	-
5:00 PM - 6:00 PM	Mat 2 OPEN	LITTLE EAGLES (Mat 1) EAGLES (Mat 2)	Mat 2 OPEN	LITTLE EAGLES (Mat 1) EAGLES (Mat 2)		-
5:30 PM - 6:30 PM	FUNDAMENTALS Mat1		NO GI (Mat 1) Mat 2 OPEN		-	-
6:00 PM - 7:00 PM		FUNDAMENTALS (Mat1) Mat 2 OPEN		NO GI (Mat1) Mat 2 OPEN		-
6:30 PM - 8:30 PM	ADVANCED (Mat 2) JUDO (Mat 1)	-	ADVANCED (Mat 2) JUDO (Mat 1)	-		-
7:00 PM - 8:30 PM		MUAY THAI (Mat 1) ADVANCED (Mat 2)		MUAY THAI (Mat 1) ADVANCED (Mat 2)	MUAY THAI (Mat 1)	-