



ALLIANCE EASLEY ACADEMY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	BEGINNER/ INTERMEDIATE		BEGINNER/ INTERMEDIATE		NOGI ALL LEVELS		
7:30							
8:00						COMPETITION CLASS (8:30-10:00)	
9:00	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		
10:00	BEGINNER	BEGINNER	BEGINNER	BEGINNER	BEGINNER	OPEN MAT	
11:00							
12:00	INTERMEDIATE/ ADVANCED	NOGI	INTERMEDIATE/ ADVANCED	NOGI	INTERMEDIATE/ ADVANCED		
1:30							COMBATIVES
4:00	LITTLE EAGLE	EAGLE WARRIOR	LITTLE EAGLE	EAGLE WARRIOR			(2PM-3PM)
5:00	EAGLE WARRIOR	LITTLE EAGLE	EAGLE WARRIOR	LITTLE EAGLE			
6:00	BEGINNER/ INTERMEDIATE	BEGINNER	BEGINNER/ INTERMEDIATE	NOGI ALL LEVELS			
7:00			COMBATIVES				