



TALLAHASSEE
JIU-JITSU TEAM

CLASS SCHEDULE

ALLIANCE JIU-JITSU | TALLAHASSEE

615 Universal Drive, Tallahassee, FL 32303

www.zicrobjj.com



TALLAHASSEE
JIU-JITSU TEAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM		Executive GI All Belt Levels		Executive GI All Belt Levels	Women's GI All Belt Levels	
10:00 AM - 11:00 AM						GI All Belt Levels
11:30 AM - 12:30 PM	GI All Belt Levels	NO GI All Belt Levels	GI All Belt Levels	NO GI All Belt Levels	NO GI All Belt Levels	
4:00 PM - 5:00 PM		Kids GI (4-7 years old)		Kids GI (4-7 years old)		
4:30 PM - 5:30 PM			Juniors GI (8-12 years old)			
5:00 PM - 6:00 PM		Juniors GI (8-12 years old)		Juniors GI (8-12 years old)		
5:30 PM - 6:30 PM	GI Fundamentals		GI Fundamentals			
6:00 PM - 7:00 PM		GI Fundamentals		GI Fundamentals		
6:00 PM - 7:30 PM					NO GI All Belt Levels	
6:30 PM - 7:30 PM		Fitness Kickboxing		Fitness Kickboxing		
6:30 PM - 8:00 PM	GI Advanced		GI Advanced			
7:00 PM - 8:00 PM		GI Advanced		GI Advanced		
8:00 PM - 9:00 PM	MMA All Levels	Kickboxing All Levels	MMA All Levels	Kickboxing All Levels		