



# ZICRO ACADEMY | ALLIANCE JIU-JITSU

## CLASS SCHEDULE



| TIME                | SUNDAY | MONDAY                | TUESDAY                         | WEDNESDAY                   | THURSDAY                        | FRIDAY                   | SATURDAY              |
|---------------------|--------|-----------------------|---------------------------------|-----------------------------|---------------------------------|--------------------------|-----------------------|
| 6:00 AM - 7:00 AM   |        |                       | GI<br>ALL BELT LEVELS           | GI<br>ALL BELT LEVELS       | GI<br>ALL BELT LEVELS           |                          |                       |
| 11:30 AM - 12:30 PM |        | GI<br>ALL BELT LEVELS | NO GI<br>ALL BELT LEVELS        | GI<br>ALL BELT LEVELS       | NO GI<br>ALL BELT LEVELS        | NO GI<br>ALL BELT LEVELS | GI<br>ALL BELT LEVELS |
| 4:00 PM - 5:00 PM   |        |                       | LITTLE ZICRO<br>4 - 7 YEARS OLD |                             | LITTLE ZICRO<br>4 - 7 YEARS OLD |                          |                       |
| 4:30 PM - 5:30 PM   |        |                       |                                 | JUNIORS<br>8 - 12 YEARS OLD |                                 |                          |                       |
| 5:00 PM - 6:00 PM   |        |                       | JUNIORS<br>8 - 12 YEARS OLD     |                             | JUNIORS<br>8 - 12 YEARS OLD     |                          |                       |
| 5:30 PM - 6:30 PM   |        | GI<br>BEGINNERS       |                                 | GI<br>BEGINNERS             |                                 |                          |                       |
| 6:00 PM - 7:00 PM   |        |                       | GI<br>BEGINNERS                 |                             | GI<br>BEGINNERS                 |                          |                       |
| 6:00 PM - 7:30 PM   |        |                       |                                 |                             |                                 | NO GI<br>ALL BELT LEVELS |                       |
| 6:30 PM - 7:30 PM   |        |                       | FITNESS<br>KICKBOXING           |                             | FITNESS<br>KICKBOXING           |                          |                       |
| 6:30 PM - 8:00 PM   |        | GI<br>INTERM/ADVANCED |                                 | GI<br>INTERM/ADVANCED       |                                 |                          |                       |
| 7:00 PM - 8:00 PM   |        |                       | GI<br>INTERM/ADVANCED           |                             | GI<br>INTERM/ADVANCED           |                          |                       |
| 8:00 PM - 9:15 PM   |        | MMA<br>ALL LEVELS     | MMA<br>ALL LEVELS               |                             | MMA<br>ALL LEVELS               |                          |                       |

6th Degree Black Belt, Felipe Neto