



Alliance Tallahassee Class Schedule

Minimum belt requirements shown. Higher belts may attend any lower belt class, lower belts should be invited to attend higher belt class. **Private lessons available.** contact Felipe at (850) 210-3569.

| Classes | No GI/MMA | Kickboxing | Advanced | Morning | Children | Fundamentals | General |
|---------|------------------|---------------------|----------------------|----------------------|----------------------|---------------------|---------------------|
| MON | | | | 11:30AM - 1:00PM | | 5:30PM - 6:30PM | 6:30PM - 8:00PM |
| TUE | | 8:00PM - 9:00PM | 11:30AM - 1:00PM | | 4:45PM - 5:30PM | 5:30PM - 6:30PM | 6:30PM - 8:00PM |
| WED | | | | 11:30AM - 1:00PM | | 5:30PM - 6:30PM | 6:30PM - 8:00PM |
| THU | | 8:00PM - 9:00PM | 11:30AM - 1:00PM | | 4:45PM - 5:30PM | 5:30PM - 6:30PM | 6:30PM - 8:00PM |
| FRI | 11:30AM - 1:00PM | | | | | | |
| SAT | | | | 11:30AM - 1:00PM | 11:30AM - 1:00PM | | |

What You Get

Fundamentals

Basic BJJ Techniques / Concepts • Self Defense • Conditioning Improvement with Flexibility / Cardio / Strength

General

Basic and Intermediate BJJ Techniques • Self Defense • Conditioning Improvement Drills • Sparring

Advanced

Advanced Techniques • Advanced Drills • Heavy Conditioning • Competition Sparring • Competition Strategy

Children

Discipline / Respect / Confidence • BJJ Exercise Games • Self Defense / Bully Proofing

No Gi/MMA

Boxing Drills • Throws / Take Downs • Intermediate and Advanced BJJ Techniques • Conditioning Improvement Drills • Sparring

Kickboxing

Boxing Techniques • Boxing Drills • Conditioning Improvement Drills • Sparring

Alliance Tallahassee Brazilian Jiu-Jitsu

Director / Head Instructor **Felipe “Zicro” Neto**

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WWW.ALIANCETALLAHASSEE.COM OR WWW.ZICROBJJ.COM