



# ACADEMY SCHEDULE

ALLIANCE CYPRUS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00

ADULTS

ADULTS

ADULTS

ADULTS

ADULTS

7:00

ADULTS

ADULTS

ADULTS

ADULTS

ADULTS

9:00

STRENGTH &  
CONDITIONING

10:00

KIDS  
OPEN MAT

11:00

KIDS  
OPEN MAT

14:00

ADULTS  
SPARRINGS

ADULTS  
SPARRINGS

ADULTS  
SPARRINGS

ADULTS  
SPARRINGS

ADULTS  
SPARRINGS

15:00

KIDS 5-8  
KIDS (2ND GROUP)

KIDS 5-8  
KIDS (2ND GROUP)

KIDS 5-8  
KIDS (2ND GROUP)

KIDS 5-8  
KIDS (2ND GROUP)

KIDS 5-8  
KIDS (2ND GROUP)

16:30

KIDS 9-12  
KIDS (2ND GROUP)

KIDS 9-12  
KIDS (2ND GROUP)

KIDS 9-12  
KIDS (2ND GROUP)

KIDS 9-12  
KIDS (2ND GROUP)

KIDS 9-12  
KIDS (2ND GROUP)

18:00

KIDS 13-15  
ADULTS

KIDS 13-15  
ADULTS

KIDS 13-15  
ADULTS

KIDS 13-15  
ADULTS

KIDS 13-15  
ADULTS

19:00

ADULTS

ADULTS

ADULTS

ADULTS

ADULTS

20:00

ADULTS

ADULTS

ADULTS

ADULTS

ADULTS