

ALLIANCE JIU-JITSU | CHULA VISTA

unlimited classes + 70 classes weekly



SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am - 7:00am	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 NoGi Intermediate	
	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 NoGi Fundamental	
7:00am - 8:00am	Mat 1 Muay Thai		Mat 1 Muay Thai		Mat 1 Muay Thai	
9:00am - 10:00am	Mat 1 Fundamental	Mat 1 Intermediate	Mat 1 Fundamental	Mat 1 Intermediate	Mat 1 Fundamental	Mat 1 Youth [9-15]
						Mat 2 Youth [6-8]
10:00am - 11:00am						Mat 1 Fundamental
11:00am - 12:00am						Mat 2 Intermediate
12:00pm - 1:00pm	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 NoGi Advanced	OPEN MAT 11am to 1pm
	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 NoGi Fundamental	
4:00pm - 5:00pm	Mat 1 Toddlers [3.5-5]	Mat 1 Muay Thai Youth	Mat 1 Toddlers [3.5-5]	Mat 1 Muay Thai Youth	Mat 1 Toddlers [3.5-5]	Toddlers & Youth classes* Muay Thai Adults ALL levels**
	Mat 2 Fundamental	Mat 2 Intermediate	Mat 2 Fundamental	Mat 2 Intermediate	Mat 2 Fundamental	
5:00pm - 6:00pm	Mat 1 Youth [9-15]	Mat 1 Youth [9-15]	Mat 1 Youth [9-15]	Mat 1 Youth [9-15]	Mat 1 NoGi Youth [9-15]	
	Mat 2 Youth [6-8]	Mat 2 Youth [6-8]	Mat 2 Youth [6-8]	Mat 2 Youth [6-8]	Mat 2 NoGi Youth [6-8]	
6:00pm - 7:00pm	Mat 1 Advanced	Mat 1 Intermediate	Mat 1 Advanced	Mat 1 Intermediate	Mat 1 NoGi Intermediate	
	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	
7:00pm - 8:00pm	Mat 1 Fundamental	Mat 1 NoGi Intermediate	Mat 1 Fundamental	Mat 1 NoGi Intermediate	Mat 2 Muay Thai	
		Mat 2 Muay Thai		Mat 2 Muay Thai		

Intermediate White belt 2 stripes or higher
Advanced Blue belt or higher
NoGi Int | Adv White belt 2 stripes or higher or wrestling experience

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****ALLIANCE UNIFORM IS REQUIRED - GI AND NO-GI CLASSES | NO EXCEPTIONS!****
 New Students: Intro class required before attending Fundamentals class

@alliancechulavista