

ALLIANCE JIU-JITSU | CHULA VISTA

unlimited classes + 72 classes weekly



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

+1 619-349-24 59
 info@alliancejjchulavista.com
 www.alliancejjchulavista.com

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

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