

ALLIANCE JIU-JITSU | CHULA VISTA

unlimited classes + 77 classes weekly

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 7am	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		
9am - 10am	Mat 1 Fundamental	Mat 1 Intermediate	Mat 1 Fundamental	Mat 1 Intermediate	Mat 1 Fundamental	Mat 1 Youth [9-15]	Mat 1 Youth [6-15]
						Mat 2 Youth [6-8]	Mat 2 Adults ALL Levels
10am - 11am						Mat 1 Intermediate	Mat 1 Women's Only
11am - 12pm						Mat 2 Fundamental	Mat 2 Adults Competition
						Mat 1 Youth Competition	
						Mat 2 Women's Only	
12pm - 1pm	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 Intermediate	Mat 1 NOGI Advanced	OPEN MAT 11am - 1pm	
	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 NOGI Fundamental	Mat 2 Adults Competition	
1pm - 2pm	Mat 1 Youth [6-15]		Mat 1 Youth [6-15]				

4pm - 5pm	Mat 1 Fundamental	Mat 1 Intermediate	Mat 1 Fundamental	Mat 1 Intermediate	Mat 1 Fundamental
	Mat 2 Toddlers [3.5 - 5]	Mat 2 Muay Thai Youth	Mat 2 Toddlers [3.5 - 5]	Mat 1 Youth Competition	Mat 2 Toddlers [3.5 - 5]
5pm - 6pm	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 1 Youth [6-8]	Mat 1 Youth [6-8]	Mat 1 Youth [6-8]	Mat 1 Youth [6-8]	Mat 1 NOGI Youth [6-8]
6pm - 7pm	Mat 1 Intermediate	Mat 1 Advanced	Mat 1 Intermediate	Mat 1 Advanced	Mat 1 NOGI Intermediate
	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental	Mat 2 Fundamental
7pm - 8pm	Mat 1 NOGI Intermediate	Mat 1 Muay Thai	Mat 1 NOGI Intermediate	Mat 1 Muay Thai	Mat 1 Muay Thai
	Mat 2 Fundamental		Mat 2 Fundamental		

New Students - NO experience:
3 Intro classes required before attending Fundamentals class

- Intermediate

White belt 2 stripes or higher
- Advanced

Blue belt or higher
- NoGi Int | Adv

White belt 2 stripes or higher or wrestling experience

****ALLIANCE UNIFORM IS REQUIRED
GI AND NO-GI CLASSES | NO EXCEPTIONS!****

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